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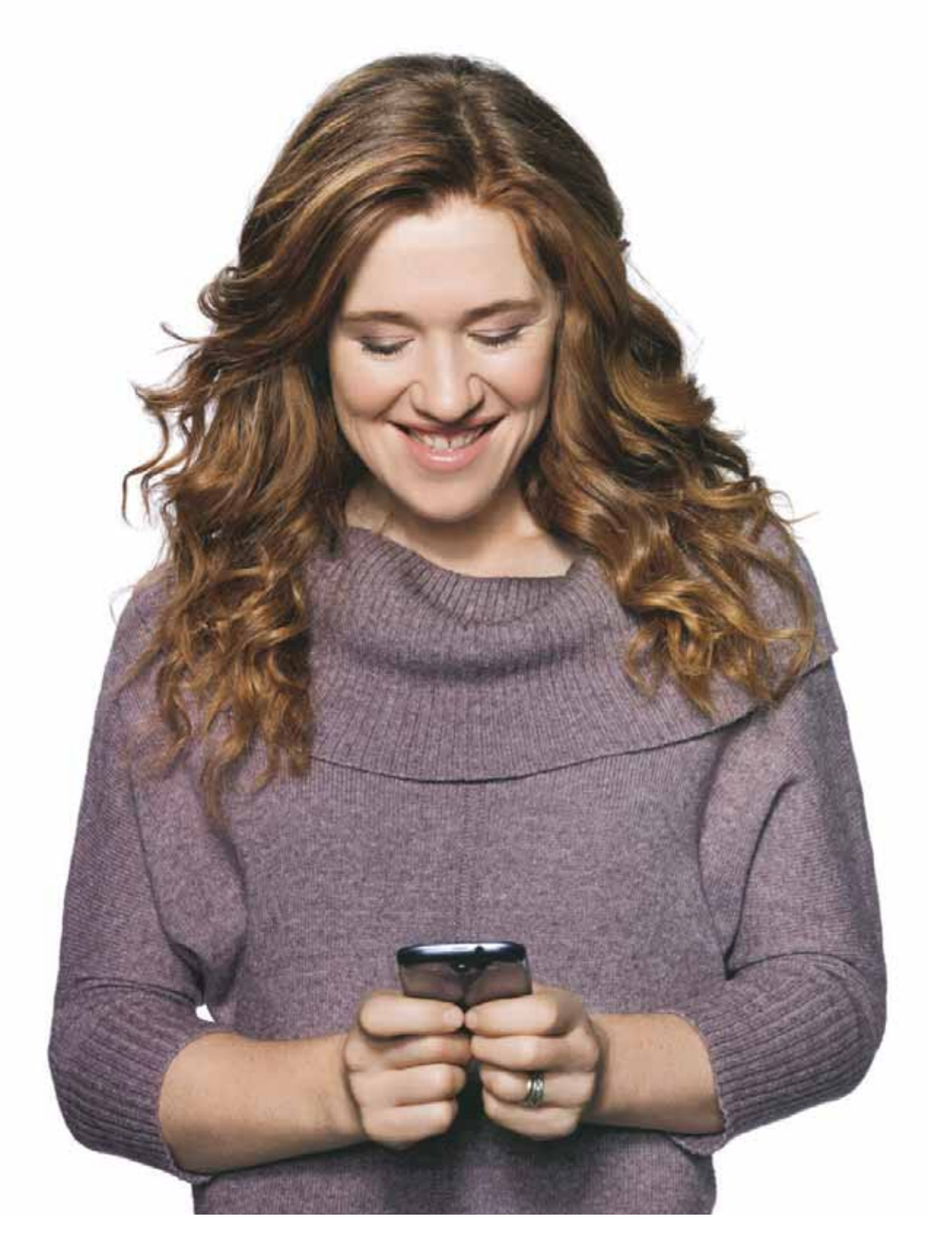

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Bell Let's Talk

The more, the merrier

22 Vancouver families are pushing for a cohousing complex, where they would share common spaces in a bid to save money and make social connections PAGE 3

LOVE'S LABOURS

IN THE ERA OF ONLINE DATING, OLD-FASHIONED MATCHMAKERS PROMISE A PERSONAL TOUCH PAGES 10 & 11

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Catholics shocked after Pope decides to pack it in

This April 19, 2005, photo shows Pope Benedict XVI greeting a crowd from the central balcony of St. Peter's Basilica at the Vatican, moments after being elected pontiff. DOMENICO STINELLIS/THE ASSOCIATED PRESS FILE

Vancouverites react.

Benedict will step down at end of month

It's a decision no pontiff has made in six centuries, so Pope Benedict XVI's unexpected resignation Monday came as a shock to Vancouver's archbishop and Catholic faithful.

Archbishop J. Michael Miller was "flabbergasted" when he got a call around 4 a.m. Monday informing him that the leader of more than one billion Roman Catholics worldwide is resigning at the end of the month due to age and failing health. But, he said, he respects the Pope's decision and described it as an "astounding gesture."

The last pope to step down was Gregory XII in 1415 in a deal to end the Great Western Schism among competing papal claimants.

"In many ways, it might free us from the notion that the pope must die in office.... It's a very freeing moment," Miller told reporters after a noon mass at the Holy Rosary Cathedral in downtown Vancouver.

Miller, who spent time with the Pope when the 85-year-old Benedict was still a cardinal, described the pontiff as an intellectual who will probably leave a legacy more through his writings than his gestures.

Parishioner Rachel Cruz said she was surprised and saddened that the Pope is stepping down after serving for almost eight years, but she hopes this will pave a way for a more united and revitalized church.

Who's next?

At the time of this writing, leading Irish bookmaker Paddy Power had a Canadian cardinal among the top favourites to become the next pope.

- Cardinal Peter Turkson (Ghana), 3:1
- Cardinal Marc Ouellet (Canada), 7:2
- Cardinal Francis Arinze (Nigeria), 9:2
- Cardinal Leonardo Sandri (Argentina), 6:1
- Cardinal Oscar Rodriguez Maradiaga (Honduras), 7:1

A conclave to elect a new pope will be set in mid-March. According to bookmakers' odds, Cardinal Marc Ouellet, a Quebecer and the Canadian head of the Vatican's office for bishops, is among the frontrunners to succeed Benedict.

Miller said Ouellet is a personal friend of the Pope's who has "great gifts of language and knows the world scene."

And what would happen to Canadians' faith if Ouellet becomes the next pope?

"Faith is much deeper than who is leading the church," Miller said. "It would be an honour and (it would be) interesting, but the faith of people doesn't depend upon on who the pope is." PHYLICIA TORREVILLAS/METRO

MORE COVERAGE, PAGE 8

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NEWS

Second homicide of 2013. Man, 27, arrested after fight turns fatal in east end

A 27-year-old Vancouver man has been arrested after a man was fatally assaulted following a fight in East Vancouver Saturday morning.

The suspect has not yet been charged.

Police were called to the scene after reports of a fight at the intersection of Commercial Drive and Venebles Street at around 10:30 a.m.

When officers arrived, they found one man suffering from serious injuries. The man was rushed to hospital where he later died. The victim's name has not been released.

Officers were initially looking for a suspect who fled the scene.

Vancouver police spokesperson Sgt. Randy Fincham issued a release later that day, saying officers have arrested a 27-year-old man in connection to the fatal assault.

This is the city's second homicide of the year.

There have also been no charges laid yet in connection with Vancouver's first homicide of the year. Manraj Akalirai was killed with a sword in a targeted attack on the night of Jan. 23.

Five men were arrested shortly after the incident but have been released without charge in the 19-year-old's death.

Anyone with information is asked to contact the Vancouver Police Homicide Unit at 604-717-2500 or Crime Stoppers at 1-800-222-8477.

PHYLICIA TORREVILLAS/METRO

An initial rendering of the proposed cohousing complex in Vancouver. CONTRIBUTED

Vancouver may get 1st cohousing project

Popular in B.C. Eight similar establishments are already in this province, with the first complex in the city set to house 22 families

EMILY JACKSON
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A dorm-like style of family life might soon make its way to Vancouver.

Called cohousing, it involves families owning small units but sharing large kitchen, laundry and common spaces with dozens of others in complexes governed by consensus-based decisions.

It may sound like a headache, but 22 Vancouver families want to build the city's first cohousing complex at 33rd Avenue and Victoria Drive.

"You're joining because you want to have that social connection," said Brenda Birch, who helped plan the project and plans to live there with her husband should it get approval.

Cohousing is more affordable, sustainable and social, Birch said. Food costs are split, there are more people to provide child or senior care, it will be built to LEED gold environmental standards and they will grow their own produce. There are pre-determined rules about using the shared spaces, say for private parties.

The lower daily costs make it affordable in the long run even though the $480,000 price tag for a two-bedroom unit is too pricey for many, she said.

While Birch initially had concerns about consensus decision-making (yes, everyone has to agree) and whether she'd get along with the other families (none knew each other in advance), she said their shared values would make it work.

"The values that you hold as a group, people either gravitate towards them or not."

The group is looking for seven or eight more families to buy into the project.

But first, the land must be rezoned from three single-family homes to make way for higher density.

Some neighbours expressed typical concerns about increased traffic and density, while others were more worried about the multi-family structure, Birch said.

There are 10 cohousing establishments in Canada, seven of which are in B.C., according to the Canadian Cohousing Network.

Council will hear a report on the project Tuesday and refer it to a public hearing.

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Science, culture at B.C.'s first Family Day

Vancouver Art Gallery. 'Important to spend some time ... with the people we love': Premier

LIAM BRITTEN
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The weather was ominous, but families came to the Vancouver Art Gallery anyway on Monday for B.C.'s first Family Day.

Tents on the gallery's lawn offered plenty of entertainment for youngsters. Science World's display, which included exhibits on B.C.'s trees and salmon, was a big hit — as was their smoke cannon, which fired off rings of smoke at kids and their parents.

Premier Christy Clark paid a visit to the event. In between discussions with people about local issues, she said Family Day was a time to celebrate all families.

"The great thing about it is not everybody defines family the same way," she said. "It is important to spend some time in our lives with the people we love and who love us."

"I'm seeing a lot of people who are happy about Family Day, despite the rain," she said with a laugh.

Sergio Esquivel brought his seven-year-old son, Nicolas, and was glad to have a day off.

"Fortunately, there's not much work today, and we're having fun," Sergio said.

"I like the gun thingy," Nicolas added, referring to the smoke cannon with which he shot his dad.

Rupert Scow volunteered at the event. He is a traditional Kwakwaka'wakw carver, and gave demonstrations at a B.C. culture exhibit. He was there to teach others of his people's traditional way of life. "It's good to have just a look inside our culture and to see maybe how we do things," he said.

Premier Christy Clark talks politics with passersby during Family Day festivities at the Vancouver Art Gallery. LIAM BRITTEN/METRO

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One-off arts. Underground warehouse parties could soon be legal in Vancouver

Underground performances in warehouses and art galleries may soon be less, well, underground.

Vancouver city council will vote Tuesday on whether to start a two-year pilot program to allow one-off arts events in commercial and industrial zones without a development permit.

About 250 to 500 of these underground events are held in secret annually anyway, staff estimated, so the city wants to make it easier to host small-scale arts events in safer ways.

As it stands, the city might ask for building upgrades, such as wheelchair ramps or more exits, to be complete before someone hosts a small event. With such onerous planning regulations people often hold events without alerting the city, which can present some safety or policing issues.

The pilot program will create a single point of contact for all fire, building and police approvals needed before an event and set a small license fee for such events ($150 for an event with 151 to 250 attendees).

EMILY JACKSON/METRO

Distracted drivers

B.C. RCMP show tough love in Feb.

Nearly one in three deaths on B.C. roads is linked to distracted driving, and Mounties hope to cut the carnage by targeting violators throughout February.

BC RCMP Traffic Services has released preliminary figures for 2012 showing 30 per cent of motor vehicle deaths and 37 per cent of serious injuries involved distracted driving.

Cpl. Robert McDonald says anyone using a handheld device behind the wheel could be handed a $167 ticket. He says hands-free devices — those operated by a single touch — are OK, except for drivers in the graduated-licence program, who are banned from using any electronics while on the road.

McDonald says distracted drivers could also face an additional charge of driving without due care and attention if they are spotted speeding, making unsafe lane changes or ignoring traffic signals.

The infraction carries a stiff fine of $368 fine plus six penalty points, potentially adding another $300 charge when insurance is renewed. THE CANADIAN PRESS

7,000 pot plants

RCMP bust clandestine bunker grow-op in B.C. Interior

Mounties have routed out thousands of marijuana plants secretly growing in an underground bunker in the B.C. Interior.

Officers turned up about 7,000 plants in various growth stages inside the concealed space constructed beneath a hay shed near Sorrento, northeast of Kamloops.

They executed a search warrant on the rural property on Wednesday on suspicions of a sophisticated commercial grow operation.

Staff Sgt. Kevin Keane says the discovery holds telltale signs of organized crime and it's believed to be part of a larger network the Salmon Arm RCMP have been investigating.

He says the home on the property appears to have been designed to facilitate a marijuana grow-op.

A 52-year-old man arrested at the scene is facing charges of production of a controlled substance.

THE CANADIAN PRESS

M&M'S® SPOKES CANDIES CALL IT QUITS!

Red and Yellow shock fans with resignation letter.

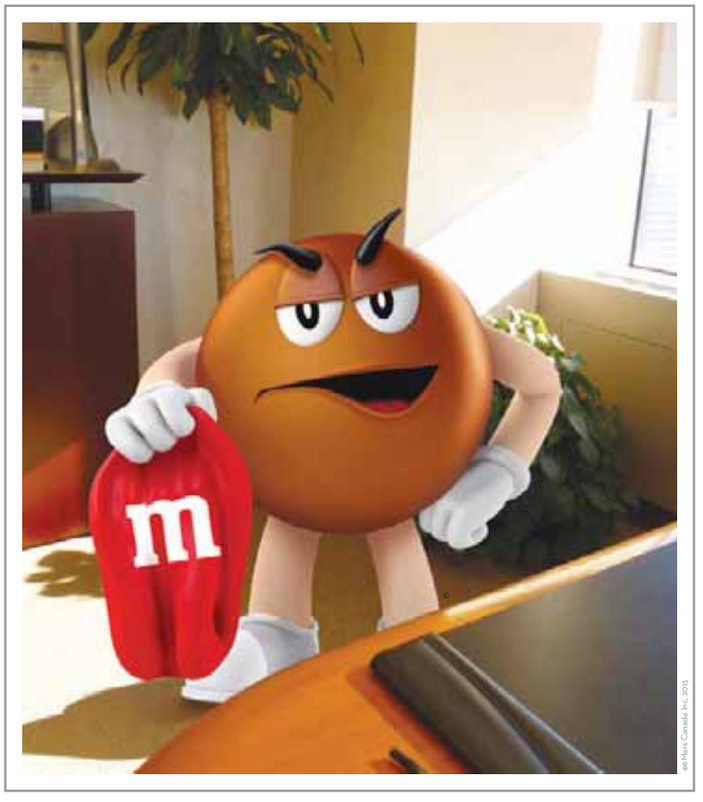
Milk chocolate lovers across the country today are mourning the loss of *M&M'S* iconic spokes candies Red and Yellow, following Tuesday's public announcement that they are hanging up their '*M*'s' and parting ways with the *M&M'S* team immediately to avoid being eaten.

"Those two have been with us for almost 60 years, so it came as a real shock" said *M&M'S* Chief Chocolate Officer Ms Brown, following the leak of Red and Yellow's resignation letter to the press on Friday. "But don't forget – the rest of us *M&M'S* spokes candies deal with the same problem everyday. Worse, I always get people smirking at me because they think I'm naked!" she continued.

The rant-filled resignation letter – which can be read in its entirety on facebook.com/mmscanada and on twitter @mmscanada – is quite abrasive and aggressive, complicating the possibility of any reconciliation. In their letter, the former spokes candies cite their daily fear of being eaten, among other things, as the main reason for resigning – going so far as to blame Canadians for their untamed love of milk chocolate.

Most *M&M'S* fans have been reacting to their departure with disappointment. "I loved Red and Yellow. You can't replace those two. It just won't be the same without them" says Craig Brandon, longtime *M&M'S* fan. Others are angry. "What the heck! This is how you thank your fans?" complains Jennifer Machey. And meanwhile, some people seemed confused. "Does this mean they're hiring? My grandson needs a summer job" said a man by the name of 'Bugsy'. As for the other *M&M'S* spokes candies – they wouldn't return our calls.

The departure of Red and Yellow as the mascots of the *M&M'S* brand has sparked speculation as to who will take over leading the corporate image. When asked if the company plans to promote from within or hire outside to fill the role of Red and Yellow, a company PR agent responded,



"I loved Red and Yellow. You can't replace those two. It just won't be the same without them."

Says Craig Brandon, longtime M&M's fan.

"You have to understand the position we're in now. Red and Yellow broke the mold. It's going to be very hard to fill their shoes, and that's not candy-coating it." Reactions on twitter have linked to leaked images of potential mascots sporting colours like Maroon and Sea Foam. The PR agent would not comment on the leaked images at this time.

Red and Yellow have since been spotted roaming around without their iconic '*M*' emblazoned candy shells on.

Perhaps it hasn't yet dawned on them that they are now naked. Whatever the case may be, one thing is for certain – the former *M&M'S* mascots have achieved celebrity status over the years and will surely be missed. Keep following this breaking news story as it unfolds at facebook.com/mmscanada and @mmscanada on twitter.

Community-centre battle with park board gets messier

Not invited to speak. Park-board chair Sarah Blyth says issue is becoming 'political'

EMILY JACKSON
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Emergency meetings and angry citizens may sound like dramatic events, but it was just another day in the saga between Vancouver's park board and the community centre associations.

More than 100 people attended an "emergency" meeting at the Riley Park Hillcrest community centre Monday to discuss proposed changes — pending five months of negotiations — that would have the park board collect and distribute community-centre revenue, much to the indignation of many long-time volunteers who believe they better handle the cash.

While the park board has said the financial model is on the table, it has directed staff to "begin planning for the implementation of a new agreement," according to a Feb. 6 letter sent by park board manager Malcolm Bromley.

"We question the good faith of the negotiations," said Ainslie Kwan of the Killarney association, adding they'd talk if they thought it was a "true, transparent" process.

Vision park board commissioners and councillors were absent from the meeting where their party was accused of treating citizens with "contempt."

But park-board chair Sarah Blyth said she only received an email invite to the event late Sunday and no one called to ask her to speak.

"To me, that signals that they weren't really interested in us coming or they just wanted to say I don't care, which is just not true," she said, adding that they are in negotiations with 15 out of 20 community centres and want a solution with universal access and equality. "Unfortunately, it's becoming political."

Former park board commissioner Ian Robertson said suggestions the meeting was a political rally were "arrogant" and ignored the public's loud opposition to the proposal.

Coun. Adriane Carr tried to pass a motion to research how much the changes could cost the city but said it was denied by city manager Penny Ballem, who Carr says told her to be careful what she said to the media.

A public meeting was held at Riley Park Hillcrest community centre on Monday as the saga between Vancouver's park board and the community-centre associations continues. EMILY JACKSON/METRO

NDP promises to restore Science World program

NDP Leader Adrian Dix stops to look at a hippopotamus during a tour of Science World after a news conference on Monday. DARRYL DYCK/THE CANADIAN PRESS

The B.C. New Democrats are pledging to restore funding to a popular science program started by the B.C. Liberals but cancelled last year.

Opposition Leader Adrian Dix promised Monday that an NDP government would reinvest $1 million annually for the B.C. Program for Awareness and Learning of Science, a sort of travelling road show developed by Vancouver's Science World.

Dix said the government made a mistake last year by slashing the program, which was started under former premier Gordon Campbell's leadership in 2005.

"I think the program was excellent and it met its test at every performance indicator required," Dix told a throng of parents and children on Family Day inside the recognizable silver globe near the city's downtown core.

The NDP says surveys conducted by Science World while the program was still in place showed 89 per cent of students who participated reported it stirred their interest in science.

The program spread science to 140 communities and an average of 190,000 people — from Haida Gwaii to Fort St. John — including at least 45 First Nations' communities.

Dix said it could inspire students to work towards careers in science and technology, adding that 147,000 jobs will open in the field over the next decade.

"In the long run, the health of our society and our economy will depend on our ability to innovate in science and technology."

THE CANADIAN PRESS

Rural B.C.

Christine Shanz, executive director of the Northwest Science and Innovation Society, appeared by video from Terrace, B.C., to support Dix's announcement.

- She said she's pleased to hear the outreach program could return to deliver interactive activities, allowing students and families in rural communities access to programming.

May election nearing

Pre-election budget, return to PST on tap at B.C. legislature

Premier Christy Clark's Liberal government returns to the legislature this week poised to lay to rest the three-year-plus HST nightmare before hitting the campaign trail seeking a fourth consecutive term in office.

Legislation that finally kills the harmonized sales tax and returns British Columbia to the provincial sales tax on April 1 is set for introduction in the first week of what is expected to be a legislative session lasting five weeks at most.

British Columbians go to the polls on May 14, with April 16 being the official campaign start date.

But Tuesday's throne speech at the legislature is expected to set the political tone for the weeks leading to the campaign, with Liberals outlining their family-and-jobs-focused agenda, followed by their budget on Feb. 19.

"There's an element of that (politicking)," said Liberal House Leader Mike de Jong, who is also the finance minister. "This is an opportunity for the government via the throne speech, budget and legislation to lay out its vision."

He said the weeks set aside for the legislative session will see the Liberals introduce the PST legislation, followed by legislation to create a new seniors-advocate position, approve a process to elect B.C.'s next senator and amend some of the rules and regulations surrounding the auditor general, which include introducing one eight-year term as opposed to the current six-year term, with eligibility for a second six-year reappointment.

"There are some other pieces that will reveal themselves both in the throne speech and the budget," said de Jong. "The government clearly has an agenda designed around jobs and families and there will be legislation associated with that."

He said he expects the legislature to sit until mid-March.

Last year, Clark appointed retiring Liberal MLA John Les to examine the likelihood of B.C. holding elections to find the candidate the province wants officially nominated for the Senate in Ottawa.

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Papal end of days to be both chaotic and stable

Benedict XVI resigns.
After breaking 600-year taboo, pope holds great sway over successor vote

Benedict XVI called it OK for a pontiff to resign for ill health, but not to escape scandal, in 2010. FRANCO ORIGLIA/GETTY IMAGES FILE

Declaring that he lacks the strength to do his job, Pope Benedict XVI announced Monday he will resign Feb. 28 — becoming the first pontiff to step down in 600 years. His decision sets the stage for a mid-March conclave to elect a new leader for a Catholic Church in deep turmoil.

The 85-year-old Pope dropped the bombshell in Latin during a meeting of Vatican cardinals, surprising even his closest collaborators even though he had made clear previously that he would step down if he became too old or infirm to carry on.

The move allows the Vatican to hold a conclave before Easter to elect a new pope, since the traditional nine days of mourning following the death of a pope don't have to be observed.

It will also allow Benedict to hold great sway over the choice of his successor, though he will not vote. He has already handpicked the bulk of the College of Cardinals — who will elect the next pope — to guarantee his conservative legacy and ensure an orthodox future.

Benedict in 2007 passed a decree requiring a two-thirds majority to elect a pope, changing the rules established by John Paul who had decided that the voting could shift to a simple majority after about 12 days of inconclusive voting. Benedict did so to prevent cardinals from merely holding out until the 12 days had passed to push through a candidate who had only a slim majority.

THE ASSOCIATED PRESS

Previous departures

While it's incredibly rare for a pope to resign, a few have stepped down over the centuries:

- **304.** The early church pope Marcellinus abdicated or was deposed after complying with the Roman emperor's order to offer sacrifice to pagan gods.
- **1045.** Pope Benedict IX sold the position to his godfather Gregory VI and resigned.
- **1294.** Overwhelmed by the demands of the office, Pope Celestine V stepped down after just five months.
- **1415.** The last pope to resign, Gregory XII stepped down to help end a church schism.

Harper speaks

Canadian reaction

Prime Minister Stephen Harper says he's shocked to hear Pope Benedict is renouncing the papacy.

Harper has issued a statement in which he describes a 2009 meeting with a "deeply spiritual" man, saying the pontiff has dedicated his life to serving God and his faith and that he will be missed.

Harper noted that during his papacy two Canadians — Andre Bessette and Kateri Tekakwitha — were canonized and Archbishop Thomas Collins of Toronto was elevated to the College of Cardinals.

Meanwhile, Canadian Marc Cardinal Ouellet is being touted as one of the likeliest candidates for the papacy.

In an interview published last April by the Catholic news organization Salt + Light TV, Ouellet was asked whether he had hopes of becoming pope.

"I don't see myself at this level, not at all ... because I see how much it entails (in terms of) responsibility," he said.

THE CANADIAN PRESS

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The object of your affection deserves something more tangible than hastily arranged zeroes and ones. THINKSTOCK

The lost art of analog amour

Allow us to resubmit for your approval a treasured artifact of romantic history: The love letter.

In the Facebook era, it's the height of romance "because there is a certain level of effort behind love letters, especially because we're so wired today," said Dr. Azadeh Aalai, a psychology professor at Montgomery College in Montgomery County, Md. "If you're sending a text, you don't know if it's being sent to multiple people. How many people even know the addresses of their friends and acquaintances?"

Records of love letters have been found as far back as Ancient Egypt, and as recently as every other pop song. A love letter is measured against the all-time-best examples of the form by its ability to flatter the recipient and reveal how the sender feels about that special someone — and, most importantly, by whether it has been penned by hand.

"People still appreciate having something tangible," said Tracy Steinberg, a dating coach and flirting expert based in New York. "I'm not dismissing the value of a sweet text or email, but there is something nice about having a letter that your lover gave you."

Science supports this. Aalai said that there's a different psychological connection made when a person sees a written signature versus a typed name. On top of that, the short hand and acronyms we use while typing doesn't hold the same "prose and beauty" of the written word.

Dianne Gottsman, a national etiquette expert and the owner of the Protocol School of Texas in San Antonio (yes, that place really exists), said that the difference between a handwritten love letter and an email is similar to the difference between showing up to a date with your hair combed and a clean shirt versus showing up with messy hair and a wrinkled shirt

"For a special occasion, it feels much better to receive something that you've put more effort into," she said.

MICHELLE CASTILLO/
METRO WORLD NEWS

Learn from the masters

Great moments in love-lettering

Dr. Azadeh Aalai, a psychology professor, analyzes two classics of the hallowed form.

Marlon Brando to Stewardess

Dear Lady —

There is something not quite definable in your face — something lovely, not pretty in conventionally thought of way. You have something graceful and tender and feminine.

You seem to be a woman who has been loved in her childhood, or else, somehow by the mystery of genetic phenomena you have been visited by the gifts of refinement, dignity and poise. Perhaps you cannot be accredited with all that.

Irrespective of your gothic aspects, you have passed something on in terms of your expression, mien and general comportment that is unusual and rewarding.

It's been a pleasant if brief encounter and I wish you well and I hope we shall have occasion to cross eyes again sometime.

Best wishes
Marlon Brando

Dr. Aalai says:

"The spontaneity of Brando to a woman he didn't even know was noteworthy and I think adds the dimension of spontaneity or the unexpected to a love letter. It doesn't have to be to someone you know intimately; it can be to someone you feel a fleeting connection to that you want to notice you or to let them know they have been noticed."

Frida Kahlo to Diego Rivera

Diego, my love,

Remember that once you finish the fresco we will be together forever once and for all, without arguments or anything, only to love one another.

Behave yourself and do everything that Emmy Lou tells you.

I adore you more than ever.

Your girl, Frida
(Write me)

Dr. Aalai says:

"Frida's letter struck my fancy because of the kiss she left with the lipstick stain — very tangible and sexy and passionate. And hers was short but tender and sweet."

MATCHMAKER,

Traditional dating. The ancient art of matchmaking is alive and well, even in today's digital world

ANNALISE KLINGBEIL
Metro in Edmonton

Krystal Walter was fed up.

"It's just been a complete nightmare," the 30-year-old said.

Walter's search for love led her online at first, and then on dates with men that "didn't have legal jobs" and even a doctor who, according to her research, had a suspended medical licence.

"You don't want to go on a date with someone and Google them and find out horrible things," Walter said.

Spending $2,000 on an unsuccessful visit to a professional matchmaker was the breaking point that spurred Walter to venture into an old-fashioned profession and start her own matchmaking company.

She's hopeful her clients, who range in age from 25 to 45, will have better luck in their search for Mr. or Mrs. Right through her recently launched Edmonton-based company, Krystal Walter Professional Matchmaking.

Walter personally meets every client and each must undergo an interview and complete a background check before they're matched.

Carmelia Ray is an Ontario-based matchmaking specialist who believes matchmaking is a great option for singles looking for an alternative to finding love online.

Ray said the majority of clients she sees have dabbled in online dating and realized it's simply not for them.

"Some of them have been very frustrated with online dating so they're turning to a matchmaker," she said.

Ray listed the lack of safety and security online, and time needed to sort through profiles, as reasons why some singles find it difficult to locate the perfect match through online dating websites.

Quoted

"Call us old-fashioned, call us what you want, but we take a very personal approach to dating."

Melissa Brown, president of matchmaking company It's Just Lunch

Amanda Meyer is leery of the online-dating scene. While she didn't turn to matchmaking, she found her man in a similarly "traditional" fashion.

After meeting her future husband through a mutual acquaintance, they spent several months as friends before starting to date. They're celebrating their seventh wedding anniversary this month.

"There was a nice progression. We were friends first, so we were comfortable and we knew each other," Meyer said.

"We always sort of joke we don't even really have a dating anniversary because it really was sort of a transition between friendship to dating."

Meyer said she has friends who've given online dating a try and while she's not against meeting your potential future spouse through the Internet, she thinks it can be "a little sketchy."

"People put up profiles and they can advertise themselves falsely, whereas I knew him and I knew where he worked and I knew he wasn't lying and wasn't false advertising himself."

In-person meetings are still essential, according to matchmakers.

Melissa Brown is president of It's Just Lunch, an international company that uses matchmakers to pair clients — who are typically busy professionals — on lunch dates.

The business began in Chicago more than two decades ago in a pre-Internet age and since then "it's just continued

Advice, free of charge

First-date dos and don'ts

Whether you meet online, through a matchmaker or in the lineup at the grocery store, once you snag that first date it's important to make a good impression if you want to get to date No. 2.

Matchmakers Carmelia Ray, Krystal Walter and Melissa Brown offered these tips:

Do talk about interests, hobbies, family, vacation spots and other appropriate first-date topics. "Not diving into political discussions or talking about ex-relationships," Brown recommended.

Do be on time. "First impressions are really everything," Brown said.

Do keep the first date short. "Chances are you'll find out halfway through the dinner if you're interested," Walter said.

Don't text or email a lot before the date. "Just get on the phone and make a date," Walter said.

Don't be negative, Do be positive. "I think attitude is a really important tip when it comes to dating," Ray said.

Do mind your manners. "Gentlemen, play the role of a gentleman; and women, be lady-like," Ray said.

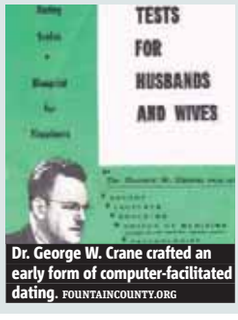
METRO

The way we were

A history of dating services

Dating goes higher-tech. BIBLIOARCHIVES/LIBRARYARCHIVES/FLICKR

- **1700:** The first personal ads are placed in British newspapers to match singles in their early 20s.
- **1941:** A statistics-based dating/matchmaking service is opened in Newark, N.J.



Dr. George W. Crane crafted an early form of computer-facilitated dating. FOUNTAINCOUNTY.ORG

MAKE ME A MATCH

Good-old-fashioned matchmakers say online dating can't compare to the personal touch they offer. HEATHER MCINTYRE/METRO

to grow," Brown said.

"Even with the introduction of the Internet and online-dating services, you still really truly cannot have that chemistry unless you meet someone face-to-face. Call us old-fashioned, call us what you want, but we take a very personal approach to dating," she said.

The act of matchmaking itself is certainly old-fashioned. Long ago, professional matchmakers worked in Jewish communities in Eastern Europe and Russia, as famously portrayed in the musical Fiddler on the Roof. Matchmakers also existed in traditional Japanese and Chinese cultures.

At It's Just Lunch, clients meet for a confidential interview with one of the company's dating specialists, who are trained matchmakers, before being paired with other clients.

The matchmakers even arrange the details of the date, meaning clients, who range in age from their 20s to their 50s and whose professions include doctor, lawyer, teacher and entrepreneur, simply show up for their lunch date.

"It's casual, it's stress-free and it's relaxed. Within an hour you can pretty much get an idea if you want to see that person again," Brown said.

For Walter, matchmaking is about quality over quantity.

"Some people like to have the quantity. That's one thing that draws people to online dating," she said.

Most matchmakers meet their clients in person and do background checks, meaning potential dates are screened in a way that's not possible on many online dating websites.

Ray added that in today's digital world, matchmaking is a sound option for singles who don't want to spend their time clicking through profiles online.

"Online dating obviously has helped matchmakers," she said.

- **1957:** Dr. George W. Crane creates a computer dating service, where applicant forms are processed by an early IBM card-sorting machine.

The Dating Game
WIKIMEDIA COMMONS/ABC

- **1965:** The Dating Game, where one woman questions three men she can't see, debuts on TV.
- **1980s:** Video dating, where users create a video of themselves to be viewed by other customers, gains popularity well into the 1990s.

Video dating
BEIGEALERT/FLICKR

Tomorrow: The rise of online dating sites and services

THE COURSE TO TRUE LOVE NEVER DID RUN SMOOTH

PERSONAL PERSPECTIVE
Darren Krause
darren.krause@metronews.ca

I experimented with Lavalife once. For two weeks. Nearly 10 years ago.

It was right after I separated from my first wife. Go figure.

It involved clicking through a catalogue of best-foot-forward photos after inputting search parameters to weed out the logical mismatches.

While it was free to wink, I had to pay to play, so-to-speak. I paid about $20 once to charge up my Lava credits so I could make contact with prospective matches via email or instant message.

This resulted in the arrangement of a sporadic but cordial instant-message conversation. I suspected the person on the other end was engaged in a couple of IMs at the same time, with responses only coming every few minutes.

I ended my online love exploits shortly thereafter. Traditional dating was going to be more my speed. It was just more "me."

What I feared about online dating was its impersonal feel. It was orchestrated; it lacked that natural spark two people have upon first encounter. I feared I would be "matched" instead of loved.

Just not feelin' it

"What I feared about online dating was its impersonal feel.... I feared I would be 'matched' instead of loved."

Post-separation, I went to a Halloween party. Of course, a man had to have a standout costume to get noticed. I dressed up as a milk carton, my face on the back like that of a missing person. The costume was a conversation piece and garnered enough attention from a young woman that it turned into a phone number, a first date, then romance for a few months. It didn't last, but the meeting was comfortable and intriguing. It was natural. Most of my senses were engaged in the process. What I feared about online dating was that in those areas it was lacking.

Shortly thereafter a barista at a southwest Calgary coffee shop caught my eye. I went in most days, always hoping she would be there. It took months of awkward eye contact and the occasional "large Paradiso, no room" for me to muster the courage to ask her out.

We ended up dating for several months.

In the short time I was online dating I never felt that rush of adrenaline. I was shopping for a mate in a giant virtual black book. Binary-code forces were matching me instead of cosmic ones bringing people into my life.

Today, I'm happily remarried. I wed a woman I had already known for 15 years. Our lives had intertwined in numerous ways, including the death of her first husband and us living together platonically. We had a history, we had chemistry and now we have two kids.

As a traditional-dating advocate, I always worried I would never suffer the beauty of courtship (failed or otherwise) by submitting to online dating.

While the search for online romance grows in popularity, the end goal remains the same: love.

I can't say whether you get sweaty palms, butterflies and dry mouth when meeting an online date in person for the first time — I never did meet up with anyone via the World Wide Web.

Instead I sought chemistry, a painstaking progression with all the emotional and physical response that goes with the uncertainty of putting yourself out there.

I felt it was something a computer just couldn't match.

The search for love took our columnist online before he decided to opt for the more traditional route. CHINA PHOTOS/GETTY IMAGES

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‡No payments for 90 days offer applies to finance offers on all new 2013 Civic models, 2013 Accord models and 2013 CR-V models, purchased and delivered by February 28th, 2013. Offer available only through Honda Financial Services, on approved credit. Monthly payments are deferred for 90 days. Contracts will be extended accordingly. Interest charges (if any) will not accrue during the first 60 days of the contract. After 60 days, interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) monthly over the term of the contract, but not until 90 days after the contract date. Standard rates apply. Example: $0 down payment on a new 2013 Civic DX 5MT model FB2E2DEX financed at 0% APR for 90 days equals $0 down payment, $0 first monthly payment, $178.77 Downpayment of $8.61 for 48 monthly payments, $16,935 financed, $0 PDI, $178.77 Total lease obligation is $16,935.00. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. Total lease obligation is $8,578.56. Taxes, license, insurance and registration are extra. $8,000 down payment on a new 2013 Accord LX MT model CR2E3DE 3.99% lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $288.55. First monthly payment is $1,015.94. Taxes, license and $0 security deposit due at lease inception. Total lease obligation is $15,015.94. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. ¥Limited time lease offer based on a new 2013 CR-V LX 2WD model RM3H3DES ¥2.99% lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $289.55. First monthly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $16,885 / $25,630 / $27,630 including freight and PDI of $1,495 / $1,640 / $1,640 based on a new 2013 Civic DX 5MT model FB2E2DEX / 2013 Accord LX MT model CR2E3DE / 2013 CR-V LX 2WD RM3H3DES. PPSA, license, insurance, taxes, and other dealer charges are extra and may be required at the time of purchases. ‡#¥Ω©¥†** Offers valid from February 1st through February 28th, 2013 at participating Honda retailers. Dealer may sell for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Items and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Who's hiding the horsemeat?

These Findus Beef Moussaka packs were removed from shelves in a shop in Ville d'Avray, outside Paris, on Monday, after horsemeat was discovered in some frozen meals. A complex web of trading between wholesalers in Europe is making it difficult for officials to figure out exactly who is passing off horsemeat as beef. CHRISTOPHE ENA/THE ASSOCIATED PRESS

Bogus beef. As equine flesh turns up in frozen dinners, officials realize supply-chain fraud may be quite widespread

A maze of trading between meat wholesalers has made it increasingly difficult to trace the origins of food — enabling horsemeat disguised as beef to be sold in frozen meals across Europe. France's agricultural minister said Monday that regulators must find a way "out of the fog."

The European horsemeat scandal — where the cheaper meat was substituted for beef in everything from burgers to frozen lasagna — is growing, involving more countries, companies and more finger-pointing by the day.

France says Romanian butchers, and Dutch and Cypriot traders were part of a supply chain that resulted in horsemeat being labelled as beef before it was included in frozen dinners including lasagna, moussaka and a similar French dish called hachis parmentier.

Swedish officials were meeting Monday with executives from the biggest supermarket chains to get an overview of how widespread the fraud is, while in Paris top French government officials and meat producers were gathering to get a handle on the crisis, which has snared a French food processing company. THE ASSOCIATED PRESS

Quoted

"There are people who are out there to defraud, who are looking to cheat."

France's agriculture minister Stephane Le Foll, speaking to RTL radio.

Air travel. WestJet to launch new Encore regional service in B.C.

Canadian passengers flying in Western Canada will see some relief from rising airfares this summer as WestJet's new Encore regional service takes flight in June, analysts say.

The airline will add Fort St. John, B.C. to its network and use the first two 78-seat Bombardier Q400s on routes between Vancouver and Victoria, and Calgary to Nanaimo, B.C. Additional routes will be added as it takes delivery of five more planes by the end of the year.

"We are just getting started," said WestJet Encore president Ferio Pugliese, calling the upcoming launch a "historic moment." WestJet Encore's introductory fare on the Fort St. John routes to Vancouver and to Calgary are $109 plus taxes, or up to about $172.

After increasing its regional service in the West, WestJet plans to introduce Encore to Eastern Canada in about nine to 12 months. THE CANADIAN PRESS

By the numbers

50%

WestJet says its entry into a new market typically lowers fares by up to 50 per cent and the arrival of Encore is already causing Air Canada to respond with its own fare cuts on some of the routes.

E. coli outbreak

XL Foods review panel will cost up to $3,500 a day

It will cost taxpayers up to $3,500 a day, plus expenses, for a three-member panel to review the E. coli outbreak at an Alberta meat plant last fall. The federal government last week launched a review of the outbreak of the potentially deadly bacteria at the XL Foods Inc. plant in Brooks, Alta.

A cabinet order dated Feb. 5 shows Ronald Lewis, B.C.'s former chief veterinary officer, will be paid up to $1,300 a day to chair the panel. THE CANADIAN PRESS

Market Minute

DOLLAR 99.57¢ (-0.16¢)

TSX 12,748.15 (-53.08)

OIL $97.03 US (+$1.31)

GOLD $1,649.10 US (-$17.80)

Natural gas: $3.29 (+2¢)
Dow Jones: 13,971.24 (-21.73)

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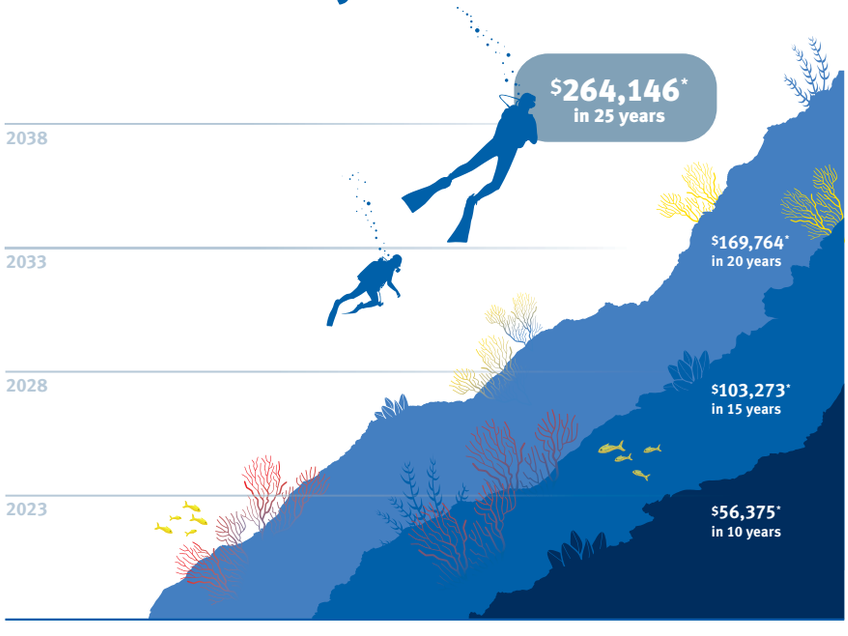

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GO LOVE YOURSELF

SHE SAYS...
Jessica Napier
metronews.ca

OK everyone: we need to resurface from underneath the piles of candied sweethearts and overpriced floral bouquets and take a second to breathe. Valentine's Day can be a lovely opportunity to express affection for others, but I'd like you to forget about that for a moment and turn inward to focus on another important kind of love: self love. No, not the home-alone-with-your-laptop-and-a-box-of-tissues kind of self love, but the happiness that comes from being truly confident with who you are.

Cliché as it might sound, you can't be happy with a partner unless you're happy with yourself. Making a conscious decision to love yourself — and that includes embracing all of the so-called flaws that make you you — is a prerequisite to accomplishing your life goals and being content both in and out of romantic relationships.

I don't need your opinion

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

People born into the millennial generation, with birthdays somewhere between the early 1980s and the early 2000s, are often accused of having a little too much self love. We've been labelled as a coddled cohort of entitled brats, children spoiled with admiration by our helicopter parents who then grow up into narcissistic young adults obsessed with instagramming our own self portraits.

But is having an inflated self-esteem really such a bad thing?

My own piano-lesson-funding parents constantly reassured me that I could be or do anything I wanted and today, aside from momentary bouts of economy-induced insecurity, I believe them. I have an embarrassing number of 'selfies' on my iPhone camera roll because sometimes I think my hair looks really good.

I have wonderful friends, a good job and I can be quite funny sometimes, so I'm told. I don't love myself unconditionally every moment of every day but overall, I think I'm pretty great.

Of course, I've read enough scathing reader comments online to know that there are countless individuals who would disagree with me on my self-evaluation of greatness, but that's OK.

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

I'm not advocating a cultural shift toward egotistical self-interest, but I think we could all do a better job at feeling good about ourselves and showing it off.

Canadians have a habit of being apologetic and self-deprecating. It's arguably a lot easier — and often more comedic — to simply make fun of ourselves rather than display our confidence outwardly.

But we shouldn't undermine our own self-worth in the name of modesty and agreeableness.

Looking for love this Valentine's Day? Look within. *_ABHI_*/FLICKR

Skirting around winter blahs

THOMAS LOHNES/GETTY IMAGES

Carnival festivities

Umbrella men in skirts revel at fest

On a cold Monday, Germans are in a mood for dancing.

Revellers in Herbstein take part in Springerzug, literally "jumping parade," a local Carnival tradition.

Rose Monday is the high point of the annual Carnival in the region between Mainz, Cologne and Düsseldorf, where since 1823 people celebrate free-spirited merrymaking before Lent. METRO

Satire in float formation

Political parody is central to Carnival

Floats with satirical portrayals of politicians are a traditional part of Carnival celebrations in Germany's Rhineland.

One float in Cologne this year depicts Chancellor Angela Merkel as a mother sow, with piglets wearing European flags suckling at her teats.

In Düsseldorf, Merkel was paraded through the streets with a Hitler-like moustache being drawn on by a Greek. METRO

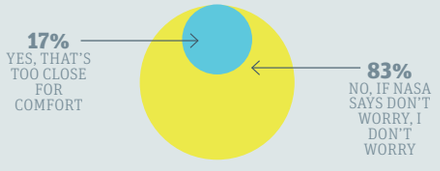
Carnival facts

- **Time.** Carnival week begins on the Thursday before Ash Wednesday and finishes on Ash Wednesday.
- **Origins.** In the early 19th century, fun-loving expression (using parody and mockery) was seen as an act of defiance against Prussian and French occupation. In derision against the orderliness of the Prussian soldiers, locals would don extravagant costumes and carry wooden rifles with flowers protruding from the barrels.
- **Money-maker.** Almost $2.7 billion US of revenue is generated by the carnival season in Germany, according to German Carnival Association.
- **Candy cache.** During Cologne's Shrove Monday (Rose Monday) procession, 330 tons of candy, 700,000 chocolate bars and 220,000 chocolate boxes are thrown into the crowds lining the streets.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

A jet-sized asteroid will come so close to Earth this week that it will be between us and our weather satellites. Are you scared?



Twitter

@iannuzzimarco: "People desire to understand that which they cannot understand" -Ali #30for30

@earofnewt: In recognition of Family Day, @marilynmanson's show in #Vancouver tonight will not involve the onstage sacrifice of anyone under 18

@bobsaget: Romantically excited to host this Fri, Feb 15 "My Nasty Valentine" Show at Centre in Vancouver Perform Arts Tix at: http://bit.ly/YGNfZc

@angusreid64: I'm on the @TEAM1040 at 245pm today then have to walk 8 steps (roughly) to my new #garagegym for an #oldSchool #BackToBasics workout

@MarieBenard: West 24 at Cambie #Vancouver #familyday thanks 4 spreading joy, bubble man! http://twitpic.com/c2wqel

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DVD review

Skyfall

Director. Sam Mendes

Stars. Daniel Craig, Javier Bardem, Naomie Harris

●●●●●

The 23rd official James Bond film seems as fresh as the first did 51 years ago. Daniel Craig's third stint as 007 finds him wounded and besieged, finally dealing with the calendar's cruel accounting.

Bond must fight a threat that is at once more understandable and more complex than in the past. Leering menace Silva (Javier Bardem) has a computer drive containing a list of NATO officials secretly embedded with terrorist organizations. He plans to expose five at a time, putting many lives at risk. Can Bond stop him?

An early chase scene in Istanbul, which thrillingly recalls the parkour start of Casino Royale, raises doubt — and suspense.

007 still scores with the ladies, who are no longer "Bond girls," but women. Dame Judi Dench is back as spy boss M, turning in a steely performance. Ralph Fiennes, Ben Wishaw and Albert Finney add their own star power.

Director Sam Mendes, a series newcomer, skillfully blends 007 tradition with innovation, making viewers fall for Bond all over again.

Extras includes commentaries and multiple featurettes.

PETER HOWELL

Wanda Sykes brings her brand of comedy to Niagara Falls this week. GETTY IMAGES

Honeymoon with Wanda

Coming to Canada. Comedian shares her thoughts on Niagara Falls, champagne bathtubs and Jodie Foster

NED EHRBAR
Metro World News in Hollywood

Comedian Wanda Sykes brings her standup act to Niagara Falls this week, so we wanted to check in with her about old-fashioned tourist destinations and comparing American and Canadian audiences. She also has some notes for Jodie Foster following Foster's headline-grabbing Golden Globes speech last month.

Is there anything you do to modify your show for Canadian audiences?
Not really. You know, I might not do as much with American politics or something, but mainly it's about the same. I don't really switch it too much. Now my act is so much more about personal life and family and kids and stuff, so I think it's a little more relatable. Canadians like to be made fun of. It's kind of like they expect it, and if you don't make fun of them, then they're like, "Come on." Like they ask for it, it's so funny.

When I think of Niagara Falls, I immediately think of old-fashioned, hokey honeymoons. What's your association with it?
I still think about the people going over it in a barrel. I guess that. But yeah, you think of the hokey honeymoon with the champagne bathtub and the heart-shaped waterbed and stuff like that. But I was told that I would not have any of that in my room. But I just did Leno, and he's played there, and he told me that you can see the Falls right from your room, and it's really fun and nice to look at for about 90 seconds, and then you have to pee. But that might be an old man thing. We'll see if I'll be peeing a lot.

Did you just call Jay Leno an old man?
I will call Jay Leno an old man to his face. He knows that.

You handled your coming out of the closet very gracefully. Did you happen to see Jodie Foster's speech at the Golden Globes?
I did. I was confused. I was really confused, because I was like, "Wait a minute, is she making a speech and taking up all this time really to say that she's not coming out?" I mean, then just don't come out. To me it was more confusing than what she was trying to do. It just didn't work for me, I should just say that.

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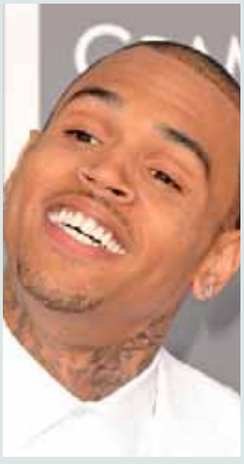
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Get in on the Grammy gossip

THE WORD
Dorothy Robinson
scene@metronews.ca



Sunday night was so big we're still talking about it Tuesday (sorry, Pope).

The drama surrounds Chris Brown, of course, because it always does. Brown, who already rubbed most people the wrong way after he refused to give a standing ovation to Frank Ocean when he won over Brown for best urban contemporary album, partied hard at a Hollywood nightclub with Rihanna. TMZ was there to snap pictures of the two of them smoking what appears to be a joint (shocking!) and leaving the club around three in the morning.

The ratings for the 2013 Grammy Awards were big, but not big enough to top 2012's numbers. Why? No dead pop icon. Last year's record audience was because the awards show was held the day after Whitney Houston's death. But still, this year's music-filled awards show delivered 28.37 million viewers.

Missing from Sunday night's party? Justin Bieber, who sat out the Grammys this year. Instead, the pop star decided instead to do a livestream web chat with fans during the awards ceremony, but technical difficulties scuttled those plans.

"Livestream is over capacity and not letting me in the room. Give me a second," Bieber tweeted, letting his frustration show. "Since nothing is working and I'm super-upset, I feel I gotta make it up to you. I should post a new song on Twitter so you can still be excited."

Bieber had decided to forgo the awards show after not receiving a single nomination.

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Ross reveals she is 'listening to her heart' after affair

Liberty Ross is speaking out for the first time since filing for divorce from Rupert Sanders in the wake of his affair last summer with his Snow White and the Huntsman star, Kristen Stewart. Ross is "keeping her head down" and "listening to her heart," she tells the Associated Press. Meanwhile, sources tell Us Weekly that Sanders' affair was simply the last straw in an already strained marriage. "She wasn't very happy, even before all this happened," a source says. "Rupert put a lot of pressure on her to change her life for him, and they moved to L.A. for him. She was such a big deal in England — a bigger deal than him, even."

Liberty Ross ALL PHOTOS GETTY IMAGES

Chastain feels no disdain

Jessica Chastain

Jessica Chastain doesn't appreciate the rumours out there that she and fellow Oscar nominee Jennifer Lawrence are feuding.

"I find it very sad that media makes up bogus stories about women fighting in this industry," Chastain writes in a post to her Facebook page. "Why do we support the myth that women are competitive and cannot get along? I think all of the actresses recognized this year have given incredible performances. But more important, they've all shown themselves to be filled with generosity and kindness. I've done two photo shoots with Jennifer Lawrence over the years and have found her to be utterly charming and a great talent."

Angelina Jolie

Jolie pops head out of hiding to present film industry honour

Angelina Jolie has kept a fairly low profile lately, sticking around London with her family while she filmed her upcoming Maleficent and Brad Pitt worked on World War Z. But the busy mother of six made a surprise appearance in L.A. this weekend, presenting a lifetime achievement award to cinematographer Dean Semler at the American Society of Cinematographers Awards, according to Us Weekly. Semler shot Jolie's directorial debut, In the Land of Blood and Honey.

Twitter

@ricky_martin
The #Pope resigns? I didn't know that was even possible. Apparently, the last time a pope resigned was the year 1415 #IfYouRintrested

@SarahKSilverman
When I die my only wish will be to have a religion started based on me (like where I'm the star)& also my face on money

@DanaDelaney
Now that gays can marry, the Pope resigns. #metsomeone

@ABFoundation
I will not let the weather defeat me...

The dating food guide

Dr. Dawn Harper, a health expert on the award winning British TV show Embarrassing Bodies, talks us through what we should and shouldn't eat or drink before, during and after a hot date.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

BEFORE

TAKE A PROBIOTIC If you know that you suffer from gas, taking a probiotic (as a supplement or in your yogurt or cereal) will help with your digestion.

BEAT THE BLOAT Constipation causes bloating. Increase the fibre in your diet by eating more fruit and vegetables two to three days before the date.

FILL UP ON H_2O Drink plenty of fluids. A dehydrated mouth is a smelly one.

DON'T DRINK ON AN EMPTY STOMACH But if you're going for dinner, you can't afford to be too full either. Have something small, like a cookie and a glass of milk, to line your stomach.

DURING THE DATE

SKIP THE SPAGHETTI If I were going out to impress, I wouldn't order a pasta-based dish. I've yet to meet somebody who could eat spaghetti easily — it may dribble down your face. Choose something you know you can eat relatively elegantly.

AVOID GASSY FOODS Our body produces around two litres of bowel gas a day ... but you don't want to be burping or breaking wind when you're trying to have a romantic evening, do you? Foods such as beans, pulses, onions, cabbage, sprouts, cauliflower and artichokes increase production of gas. Avoid any awkwardness by removing these foods from your diet for a while.

SKIP THE ESPRESSO End the meal with a peppermint tea or a sweet. This will freshen your breath and help ease digestion.

PACE YOURSELF Eat slowly! It can take 20 minutes for the hormones secreted in your stomach to get the message through to the brain indicating that you're full. If you eat too fast, you may have overdone it by the time your brain goes, "Wait, slow down!" And then you'll be left with that horrible feeling that you've got a brick lodged in your stomach.

WATCH YOUR MOUTH Spicy or garlicky foods can cause bad breath. Be conscious of what your other half is eating and follow suit. Tip: if your dish comes with a parsley garnish, chew on that as it will help get rid of any nasty smells in your mouth.

AFTER

DON'T SAY WE DIDN'T WARN YOU... If you were a complete pig at dinner, then you're probably going to want to lie down, hold your belly and groan. You won't be up for a night of passion.

PRACTISE SAFE SEX ... The nicest people can and do get sexually transmitted diseases. You might be out with Mr. or Ms. Wonderful — but genitals don't know that, and neither do the bugs that party down there. Make sure you use protection — if you're not crippled by stomach cramps from eating too much food, that is.

Close encounters

...and other health issues you might want to be aware of

Teeth. According to Harper, we should all be brushing our teeth twice a day and flossing at least once. Doing so will remove the tiny particles lodged between the teeth, which can become a source of bad breath when broken down by bacteria. You can also use a tongue scraper.

Food hygiene. Avoid buffet style meals, warns Harper: "Food that's been out hanging around at room temperature for a long while is more likely to be contaminated."

Body odor. You sweat, you wash— makes sense, right? Ironically, that's actually the worst thing you could do. "Fresh sweat doesn't smell— pungent BO is the result of sweat being broken down by the bacteria on your skin," says Harper. "This is because the skin is slightly acidic, so when you use a normal perfumed soap, which is slightly alkaline, you're changing the PH of the skin and creating an environment that's better for the bacteria to grow. It's a vicious cycle. The bacteria have had a chance to replicate and proliferate and now there are more of them breaking the sweat down, making the smell worse. Use PH balanced soap to slow down the production of bacteria."

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Bipolar characters step into the spotlight

Times a changin'.
TV and movies offer complex characters that help both the ill and others identify

Silver Linings Playbook has been nominated for eight Oscars, including best actor for Bradley Cooper's portrayal of Pat Solitano, the lead character in the movie who is dealing with mental health issues. HANDOUT

Bipolar used to be shorthand in a movie: a sign someone was possibly paranoid and probably dangerous. But in Silver Linings Playbook and Homeland, audiences have been introduced to characters who are far less stereotypical. They're main characters. They struggle with the disorder, without being defined by it, and they're definitely the good guys.

That's not coincidental — the writers of the movie and the show are trying to make their characters more realistic, borrowing from personal experience with people who have mental illness.

Claire Danes won an Emmy and a Golden Globe for her performance as Carrie Mathison in Homeland, and the show received a Voice Award from the U.S. Substance Abuse and Mental Health Services Administration for an episode in which Carrie is hospitalized.

"Carrie, as a character, and Claire as the actress portraying that character, has a very fine line to walk. She has to appear unbalanced and competent at the same time," says Homeland executive producer and co-creator Alex Gansa.

"The truth is that a lot of bipolar people are very high functioning and learn to mask and to recognize the symptoms when they're either horribly depressed or intensely manic and are able to self-monitor in those situations. Carrie is sometimes more adept at that than others."

Homeland's writers and Danes have looked to books, consultants and even YouTube videos for inspiration on how Carrie should act in certain situations. One of the show's producers, Meredith Stiehm, also draws from her sister's bipolar experience, Gansa says.

Pat Solitano, the main character in Silver Linings Playbook, is also drawn from real people struggling with mental illness, says Matthew Quick, the author of the eponymous book the movie was based on.

"I was trying to promote hope, I was trying to show that by taking the right steps, that life can get better. And I was definitely trying to promote tolerance for people like Pat," he says. "I think we need films (where) we can go and talk about these things, think about them. But we leave feeling not absolutely destroyed."

Robert Whitley, an assistant professor of psychiatry at McGill University who researches media coverage of mental illness, says that while he thinks "it does take a courageous director or writer or producer to go behind the scenes and try and understand (bipolar) disorder and how it affects people," he has problems with Pat's character.

"It's an inaccurate portrayal of somebody with bipolar disorder," because Pat is violent and obsesses about contacting his wife when she has a restraining order against him, says Whitley. "These aren't characteristics of bipolar disorder."

(Quick disagrees that the violence is unrealistic, saying he dealt with "violent outbursts every single day" when working in the mental health field.)

"I wanted to show someone struggling with some pretty serious emotional and mental health issues, but I didn't want to label Pat," Quick says. To create the character, he drew from his work with teenagers who have severe autism and people with brain trauma and his own experiences with depression and anxiety.

"I consider myself a member of the mental health community," Quick said. "I do slide back and forth into euphoric and depressed states, but I've never been diagnosed bipolar."

Gansa said he hopes a dramatized but realistic depiction of bipolar life is exactly what Homeland is trying to offer. "It demystifies the illness and hopefully creates some compassion and sympathy for people who suffer from it."

TORSTAR NEWS SERVICE

Time to talk

- Today marks Bell Let's Talk Day, where the company will donate 5¢ to mental health initiatives across Canada for every text message sent, long distance call made, Tweet using #BellLetsTalk and Facebook share of its Bell Let's Talk image. letstalk.bell.ca.

P.J. Stock is a spokesperson for Reebok and a trainer at Adrenaline Performance Center in Montreal. GETTY IMAGES

Throw your weight around

Need for speed.
Former Bruin P.J. Stock swears by plyometrics to increase power and pick up the pace

CELIA MILNE
life@metronews.ca

Want to train like a hockey pro? Get ready to jump!

Metro asked P.J. Stock, former Boston Bruins' left winger, for some advice on training to increase power and speed. Stock, who is now a media personality and trainer at Adrenaline Performance Center in Montreal, says that hard work in the gym pays off on the ice.

"Off-ice training is an essential part of a hockey player's routine. The faster you're able to get to the puck, the better," he says.

Stock is a big believer in plyometrics, or "jump training," a series of exercises that increase the heart rate quickly.

"Explosive exercises really help push your body through weak spots and teach your muscles to react faster," he says.

A 2010 Spanish meta analysis (scientific wrap-up of several studies) found that doing a variety of plyometrics exercises plus weight training benefits almost everyone — from elite athletes to weekend warriors, to those in poor physical condition.

"Do exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, speed and agility," says Stock, who is a spokesman for Reebok.

Stock's advice for not getting injured: "Training, nutrition and rest, and a bit of luck!"

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Best Health Minute

True or false?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health magazine, we offer Canadians real answers to everyday questions when it comes to health, beauty, fitness and nutrition. One of our regular columns is What Works, What Doesn't, and it appears in our January/February issue, on newsstands now. Here are some highlights from that article:

1. Will mouthwash actually kill cold germs?
No. While oral rinses with antiseptics do kill germs that live in your mouth, they don't protect against or treat the common cold.

2. Can eating fish fight depression?
Yes. The brain is about 60 per cent fat, much of it in the form of the DHA and EPA omega-3 fatty acids in fish. Depressed people tend to have low blood levels of DHA and EPA.

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Fat Tuesday slims down with Red Beans & Rice Soup

With Mardi Gras upon us, turn the classic Red Beans and Rice dish into a hearty (and healthy) soup fit for a Mardi Gras party.

All it takes to transform the standard Red Beans and Rice into soup is the addition of celery, onion and green bell peppers (often called the "Holy Trinity" of New Orleans cuisine), a little Creole seasoning, some chicken stock, and andouille sausage.

By the way, this soup is even better a few days later, and it freezes well.

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 9 oz (3 links) turkey or chicken andouille sausage, diced into 1/2-inch chunks
- 2 cups medium chopped yellow onion
- 3 cloves garlic, minced
- 1 tbsp Creole seasoning (purchased or use the recipe below)
- Two 15 1/2 -oz cans low-sodium red kidney beans, drained and rinsed
- 2 cups chopped celery
- 1 1/2 cups chopped green or red bell pepper
- 6 cups low-sodium chicken broth
- 1 Turkish bay leaf
- 1 1/2 cups cooked brown rice (1/2 cup uncooked produces 1 1/2 cups cooked)

Creole Seasoning

- 1 tbsp plus 1 teaspoon hot paprika
- 1 tbsp garlic powder
- 1 1/2 tsp each onion powder, cayenne, dried oregano, dried thyme
- 1 tsp each ground black pepper, kosher salt

1. In saucepan over medium, heat oil. Add sausage and cook, stirring occasionally, until lightly browned, 5 minutes. Use slotted spoon to transfer to a bowl.

2. Add onion to saucepan and cook, stirring occasionally, until golden, 5 minutes. Add garlic and Creole seasoning and cook, stirring, 1 minute.

3. While onion and garlic are cooking, mash 1 cup of kidney beans with fork, then add them to saucepan. Add celery, pepper, remaining whole beans, chicken broth and bay leaf. Bring mix to a boil, then reduce to a simmer and cook for 15 minutes, stirring occasionally.

4. Stir in reserved sausage and the cooked rice. Cook until heated through. Discard the bay leaf before serving.

Creole Seasoning

1. In a small bowl combine all ingredients. Store in airtight container for up to 6 months.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Health Solutions

Chocolate outside of the box

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

My funny valentine, you are going to have to think outside the box this year in your love purchase.

There are ways to show your affection without all that sugar and fat. And I promise, it will feel just as sweet.

Here are three ideas:

Cocoa nibs in a grinder

Nibs are bits of the whole cocoa fruit before all the processing, which means that they retain their full antioxidant power. A beautiful grinder that sits next to the pepper mill will remind me all year not only to use the nibs on everything as I do pepper, but also that you thought of me deeply.

Whip up a Mexican Hot cocoa mix

Organic cocoa powder, skim milk powder, organic cane sugar, cinnamon, pinch of chili pepper. A couple of spoons of this in a cup of boiling water and all I will be able to think about is spooning.

At least 70 per cent cocoa, please

If you are going to buy me straight up, good old chocolate, make it the finest, organic, fair trade dark stuff that has at least 70 per cent cocoa. We may as well love the rest of the world as much as we love each other.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

The DREAM BIG Contest
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Check out:
ScholarshipsCanada.com/DreamBIG
Philippe, 2012 Winner
With the money, I was able to pay for my plane ticket to Europe along with the books I needed for a class I took this summer, before leaving. I feel very privileged to benefit from this financial boost - especially in times where we realize that only solidarity is there for the needs of many - and hope to pass forward the beautiful gesture in many ways!
SCHOLARSHIPSCANADA.com

metro

RRSP GUIDE

Tuesday, February 12, 2013

A lump sum RRSP loan can help reduce your gross income, which reduces the amount of taxes you owe. COMSTOCK IMAGES/THINKSTOCK

When is a loan right for you?

YLVA VAN BUUREN
For Metro

It's a common scenario at tax time — the accountant preparing your personal tax return calls to say that you owe money ... and you should buy RRSPs to reduce the tax bill. If extra funds are not available, should you rush out and get a loan?

"Unfortunately, most people make RRSP loan decisions on the spur of the moment," says Stephanie Holmes-Winton, CEO, The Money Finder, Halifax, and a member of Advocis, The Financial Advisors Association of Canada. "And it should really be a thought-out part of their financial plan."

Reducing your tax bill is one of the reasons why many people buy RRSPs — and that makes sense, says Anthony Williams, Canadian Institute of Financial Planning, vice-president of academic affairs. A lump sum RRSP loan will help reduce your gross income, which reduces the amount of taxes you owe.

At the same time, putting a lump sum amount in all at once allows your money to grow more over time, Williams said, because it's in there longer — compared to if you put in the same amount but made monthly contributions.

Another reason people take a large sum RRSP loan is because it may trigger a tax refund, but that can work against you, too, if you aren't careful.

Here are three scenarios where you might want to reconsider an RRSP loan:

You aren't a disciplined money manager

"Borrowing money to get a tax refund and then spending that refund on 'whatever' is not recommended," Holmes-Winton said. "You end up paying the loan back with after-tax dollars plus interest."

It's better to apply the refund cheque to the RRSP loan and lower the principal. Some banks structure RRSP loans so the first payment won't apply until after you get the tax refund.

The new monthly payment will not be manageable

A loan means there is a debt obligation and you will have to have the cash flow to make the monthly payment. Some people have to supplement their income, Holmes-Winton said, by using credit cards and lines of credit and they end up in worse shape.

The loan costs more than you think

Sometimes there are payment free periods of time, but extra interest costs or administrative fees. Always read the fine print, and don't rush into anything.

Contributions. Program allows you to upgrade your education

MICHELLE WILLIAMS
For Metro

In recent years, the number of Canadians of all ages starting over in new careers has hit an all-time high. Maybe you have always wanted to explore new opportunities — or perhaps you have been caught in your company's downsizing and you need to establish yourself in a new vocation. The quandary is how to support yourself and your family while you retrain.

"A new government program is making education upgrading easier for Canadians," explains Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "The Lifelong Learning Plan allows you to use your RRSP contributions to pay for training for you or your spouse."

The Lifelong Learning Plan (LLP) allows you to take out up to $10,000 annually from your RRSPs to a total of $20,000 in more than a four-year period for you or your spouse, but not for your children's education. The best part — you will continue to be sheltered from paying taxes on the withdrawal. You will have to repay your RRSP over a 10-year period; any funds not repaid after the 10-year deadline will count as income and be taxed.

To participate in the program, there are conditions to meet. While you can use the funds to pay any expenses, you must be registered full time (disabled individuals may be registered part time) in a qualifying program at an approved educational institution. You must reside in Canada and complete your program before 71 years of age.

Participation in the LLP program is available as many times as you want over your lifetime, provided you pay back your RRSP contribution before you apply for a new program. Typically, repayments must start in the fifth year after the first withdrawal to avoid tax penalties.

"This plan is a great incentive to get retrained if you are starting over in a new career, but you want to make sure you see yourself moving into the particular field you're training for before you decide to dissolve your assets," Cheng said. "It would be a shame to lose out on the deferred growth of your RRSP and discover part way through the program that this isn't the field for you."

For more information on the Lifelong Learning Plan and more ways to use RRSP contributions to train for a new career, contact a certified financial planner or your local financial institution.

A new government program is making education upgrading easier for Canadians. ISTOCKPHOTO/THINKSTOCK

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Visit tdcanadatrust.com/yourretirement or a branch today.
Don't forget, the RSP contribution deadline is March 1.

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Pitfalls investors should avoid

TALBOT BOGGS
Smart Investing

While the registered retirement savings plan (RRSP) is a great vehicle to help Canadians save for their retirement, there are some pitfalls that investors may not know about and should try to avoid.

Many people, for example, confuse their contribution limit with the deduction limit.

The deduction limit is set at 18 per cent of your previous year's earned income, up to a dollar limit, which changes every year. The maximum dollar limit for the 2012 tax year is $22,970, up from $22,450 in 2011, and will rise to $23,820 in 2013. It is contained in the notice of assessment that you get each year from the Canada Revenue Agency after you have filed your return.

Another pitfall can be saving too much in your RRSP and having too many accounts.

An RRSP of between $700,000 and $2 million, for example, may sound great, but that money will be taxed at some point. A retiree with such a large plan would be in the 46 per cent tax bracket and would have their Old Age Security (OAS) clawed back.

Having your financial assets spread over several plans can lead to a disorganized investment strategy, duplication, inappropriate asset allocation and paying more fees than if all investments were consolidated in one account.

Waiting to the last minute to make your contribution is another common pitfall. It can lead to making emotional decisions or parking the money for too long on the sidelines. By contributing early or making regular contributions during the year you get the tax-sheltered returns starting sooner and get the advantages of dollar cost averaging.

Many people also may be investing in the wrong things in their RRSP. As a general rule, it's better to invest in fixed income in your RRSP and equities outside of your RRSP in a non-registered account.

Try not to make the same mistakes as other investors. FIONLINE/THINKSTOCK

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

RRSPs can be a good way to finance a home purchase. ISTOCKPHOTO/THINKSTOCK

Homebuyers can take advantage of new plan

MICHELLE WILLIAMS
For Metro

Your dream home just posted a "For Sale" sign — but your assets are tied up in RRSPs. Do you let this opportunity pass you by?

"Not at all," says Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "RRSPs can be a great way to finance a home purchase. If you're a first-time buyer, take advantage of your RRSP investments to buy a home with the federal Home Buyer's Plan."

Home Buyer's Plan (HBP) is a government program that allows first-time buyers to withdraw as much as $25,000 from RRSP contributions to buy or build a home for themselves or a related disabled person. "The biggest benefits are that you don't have to pay taxes on this amount, and you have 15 years to pay it back to your RRSP fund," Cheng said. "And if you are purchasing the home with your spouse or partner, you can each withdraw $25,000."

One firm condition is that payments to reimburse your account must be at least 1/15th of the amount each year. If you can't repay annually, you must pay tax on the amount. Among the other conditions: You must reside in Canada and purchase your home in Canada; the home must be your primary residence; you must be a first-time buyer or have not owned your principal residence for a period of at least five years; and you must be participating in this plan for the first time.

"The HBP is a good way to get your hands on cash for a down payment, but one disadvantage is that you do lose out on the deferred growth of the RRSP," Cheng said. "You also have to be committed to paying it back on schedule to protect yourself against tax penalties.

For more information on the Home Buyer's Plan and more ways to use RRSP contributions to purchase your home, contact a certified financial planner or your local financial institution.

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Top 5 romantic places to be kissed

Oh, Valentine's Day. Next to New Year's Eve, it's the day many Canadians actually care about whether they have a special someone to lock lips with. While the key to fun tonsil hockey is being into the person you're doing it with, the right backdrop can take the experience from "that was fine" to "I saw fireworks!" So whether you've already been struck by cupid's arrow or are single and ready to mingle, here's the top 5 most romantic places in Canada to get kissed.

MAE BOWRING
life@metronews.ca

Whitehorse

Witnessing the magic of the Northern Lights, or Aurora Borealis, should be on the bucket list of all Canadians, and it's an especially romantic setting at this time of year. There isn't a better time to lean in for a kiss as waves of pink, green, blue and yellow dance across the night sky.

Old Montreal

Between the cobble stone streets, fashion boutiques and cosy restaurants, it's hard not to feel like you've been transported to Europe when in Old Montreal. Use the cold weather as an excuse to get closer. Share some hot chocolate as you explore the city and maybe later, each other's lips.

Victoria

Recently voted the most romantic city in Canada by Amazon.ca, this B.C. city has a picturesque inner harbour that could make any tourist wonder, "Why don't I live here?" Take a stroll along the waterfront and steal your kiss in front of the city's parliament building, which looks spectacular when lit up at night.

Kingston

The dark horse on this list, Kingstonians know there's much more to their city than limestone and penitentiaries. A stroll through the shops on Princess Street is the perfect date activity. Tip: there are plenty of alcoves and quiet walkways to sneak into to enjoy a we're-about-to-get-caught kiss.

Toronto

Sometimes it's hard to call Hogtown pretty, but from the top of the CN Tower on a clear night, the view can be downright breathtaking — and romantic. If your kiss atop the tower leaves a lasting impression, go back in the summer and relive the romance while doing the EdgeWalk. That's a souvenir photo you'll want to keep.

Do something hot for Valentine's Day: save your dough

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

According to a variety of recent bank surveys, the average couple spends between $200 and $400 to celebrate Valentine's Day. The majority of those costs are borne by men.

If you're like most North Americans, still feeling the pinch of credit card bills from December's holiday season, don't blow out your budget on Feb. 14. Treat your valentine to a low-cost and meaningful experience.

Try these ideas to celebrate.

In this crazy, busy age we live in, quality time with your partner is special. So block off your calendar on Feb. 14 and commit to celebrate it together. On your special day, remove interruptions such as cellphones and computers.

Rather than going out for an expensive dinner, have dessert and coffee at a local café instead. Alternatively, make dinner at home. No, you don't need to be Jamie Oliver to cook a great meal. Download a recipe and follow the steps with fresh ingredients. Plus, if you plan your menu around what's on sale at your local grocer, you could save a bundle.

After your romantic home cooked meal (add candlelight for romantic ambiance), download a movie from Netflix or rent a classic film for free from the library. Alternatively, read to each other by a fire or bundle up and go for a stroll outside.

Ditch traditional flowers and buy your love a plant that blooms with flowers year round. Skip the card exchange and write each other love notes instead. Stumped for words? Simply write what you love about your partner.

If you decide to purchase a gift, hunt around for coupons or buy an on-sale experience you can enjoy together at a less expensive time of year. Alternatively, make a homemade gift by baking, design a scavenger hunt with chocolates, or offer IOU gift certificates to share various household duties.

Remember that when times are lean, many couples choose to spend no money at all. Instead they give the gift of quality time. If you think it's uncool to be frugal on Valentine's Day, think again. The fastest relationship killer is financial stress. So, why overspend when it could jeopardize the health of your relationship?

metro
LEARNING CURVE
Tuesday, February 12, 2013

Simon Fraser University neuroscientist Dr. Ryan D'Arcy was recently appointed to the leadership chair of a new $5.25-million foundation. CONTRIBUTED

SFU scientist named research chair

DANIEL HENDRIKSEN
For Metro

The British Columbia government has launched a new $5.25-million foundation in support of Multimodal Technology for Healthcare Innovation.

Stephanie Cadieux, minister of children and family development, announced the endowment and the appointment of Simon Fraser University (SFU) neuroscientist Dr. Ryan D'Arcy to the leadership chair in late January.

Partnering with the Fraser Health Authority, D'Arcy will combine health research and technology by linking SFU's faculty of applied sciences with the medical expertise at Surrey Memorial Hospital and elsewhere in the Fraser Health region with the goal of improving the lives of patients.

"Dr. D'Arcy brings great passion, drive, and applied research talent to Fraser Health," Nigel Murray, president and CEO, Fraser Health, said in a press release. "We are fortunate to have him leading health sciences and innovation at Surrey Memorial Hospital and thank the province of B.C., Simon Fraser University and the Surrey Memorial Hospital Foundation for making this incredible appointment possible."

The chair was created through a partnership with $2.25 million in funding provided by the government's Leading Edge Endowment Fund (LEEF), and SFU and Surrey Memorial Hospital Foundation each contributing $1.5 million.

AU student Salma and daughter in Edmonton, AB

Kwantlen holding open house March 2

The public is invited to attend Kwantlen Polytechnic University's (KPU) annual open house, which takes place at the school's main campus on 72nd Avenue in Surrey on March 2. Prospective students and parents are encouraged to show up and explore KPU and everything it has to offer from the unique programs to the engaged faculty, as well as the new bachelor's degree programs and scholarships.

The event runs from 11 a.m. to 3 p.m. and features a variety of activities. This year's docket includes interactive and informative program exhibits, presentations, walks and campus tours with faculty, students, and alumni, entertainment, food and refreshments, and a slew of prizes.

Up for grabs include one of three $500 tuition awards, a laptop, Vancouver Canucks tickets, and gift cards for Future Shop and Earls' restaurant.

Those interested are encouraged to register now in order to win early bird prizes.

To register, visit kwantlen.ca/openhouse/registration.html, or for more information send an email to openhouse@kwantlen.ca.

BCIT contest rewards student innovators

Students at the British Columbia Institute of Technology (BCIT) have the chance to win some significant cash prizes through the school's Students Innovation Challenge.

The annual contest, which is now in its fourth year, rewards student innovators, visionaries and entrepreneurs. Up to $10,000 is up for grabs, as is the opportunity for contestants to showcase their ideas and creativity.

Students are encouraged to enter the competition with a new product or service, a new social enterprise, a start-up business or an enhancement to an existing product or service.

A prime example came from 2011 winner Grace Soo, who came up with an idea for a delivery service using zero-emission cargo tricycles.

For more information and complete contest rules, check out bcit.ca/innovate/structure.shtml.

Douglas College annual career fair set for March

The 23rd annual Career Exploration Fair at Douglas College is just around the corner. The event takes place March 4 from 10 a.m. to 3 p.m. at the New Westminster campus concourse, and March 6 from 10 a.m. to 3 p.m. at the Coquitlam campus atrium.

Presented by the Douglas College Alumni Association, the career fair is an opportunity for students, alumni and members of the community to explore career options and find out what type of skills and knowledge are needed for the future workplace.

The fair will feature an array of different exhibitors.

For more information, call 604-777-6171 or email senjacka@douglascollege.ca.

DANIEL HENDRIKSEN

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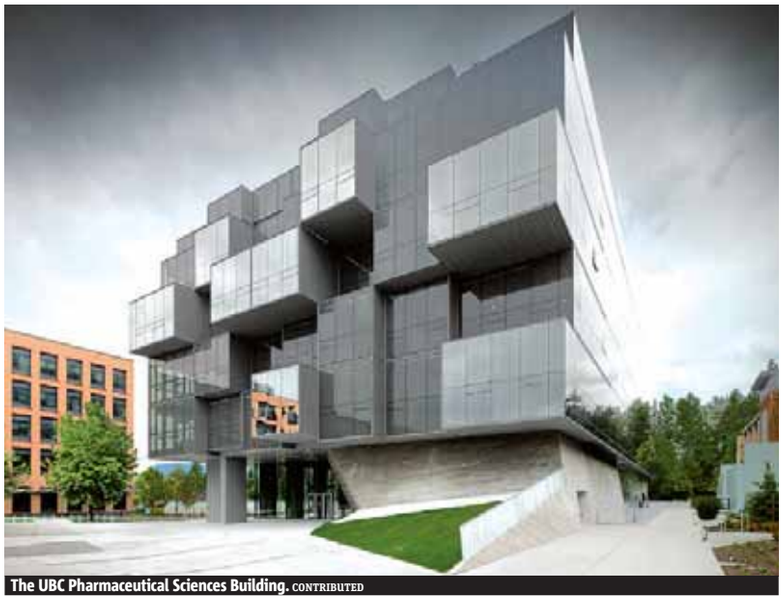

The UBC Pharmaceutical Sciences Building. CONTRIBUTED

New UBC building receives U.K. award

DANIEL HENDRIKSEN
For Metro

The new Pharmaceutical Sciences Building at the University of British Columbia (UBC) was recently named the best lab by design by lifestyle magazine Wallpaper*.

The U.K.-based publication's design awards recognize the best across a variety of categories, including art, architecture, design and fashion. The judges have described the UBC building as "striking," "instantly engaging" and a "crowd-pleasing piece of controlled drama."

Designed by Montreal's Saucier + Perrotte Architectes and Vancouver's Hughes Condon Marler Architects, the quarter-million-square-foot state-of-the art Pharmaceutical Sciences Building opened Sept. 18, 2012.

"Our new building gives us the means to host all teaching, learning, research and community outreach activities under one roof," Robert Sindelar, dean and professor, UBC faculty of pharmaceutical sciences, said in a press release.

This isn't the first significant honour the facility has received — it also received a Canadian Architect Award of Excellence in 2012.

For more information, visit wallpaper.com.

Prestigious honour for Langara board chair

Thanks to her exceptional contribution to the governance of Langara College, the provincial college sector, and the greater community Anne Lippert, chair of the Langara College board of governors, recently received the Queen Elizabeth II Diamond Jubilee Medal.

The medal, which celebrates Queen Elizabeth II's Diamond Jubilee, is presented to outstanding Canadians for their contribution or distinguished service to their fellow citizens, community, and country.

Lippert has been a member of the Langara board of governors since 2008. She was elected vice-chair in 2010, before being named board chair in 2012. Lippert also serves as a member of the B.C. Colleges Board Chairs Committee and the Langara Students' Union Trust Board.

"I am humbled by this award," Lippert said in a media release.

"The nomination by Langara means so much to me. It's an honour to be part of such a progressive and dynamic organization that is committed to accessible education for all learners."

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Program	Campus
Transportation trades Tuesday, Feb. 12, 11 a.m. - lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL) Tuesday, Feb. 12, 12 p.m. – room 512	Downtown
English language preparation for health sciences Tuesday, Feb. 12, 6 p.m. – room 1214	Broadway
Baking and pastry arts Wednesday, Feb. 13, 10:30 a.m. – room 216	Downtown
Adult upgrading Wednesday, Feb. 13, 4 p.m. – room 1228	Broadway
University transfer Wednesday, Feb. 13, 4 p.m. – room 1228	Broadway
Access to practical nursing Wednesday, Feb. 13, 4:30 p.m. – room 1227	Broadway
Hair design Wednesday, Feb. 13, 4:30 p.m. – room 201	Downtown
Skin and body therapy (esthetics) Wednesday, Feb. 13, 4:30 p.m. – room 201	Downtown
Administrative assistant Thursday, Feb. 14, 3:30 p.m. – room 622	Downtown
Jewellery art and design Friday, Feb. 15, 11 a.m. – room 160	Downtown
Music Friday, Feb. 15, 12:30 p.m. – room 1228	Broadway
Certified dental assisting Tuesday, Feb. 19, 5:30 p.m. – room 501	Downtown
Dental reception Tuesday, Feb. 19, 5:30 p.m. – room 501	Downtown
Electronic media design (part-time) Tuesday, Feb. 19, 6 p.m. – room 819	Downtown
Web and graphic designer (part-time) Tuesday, Feb. 19, 6 p.m. – room 819	Downtown
English for professional advancement (EPA) Wednesday, Feb. 20, 2:30 p.m. & 5:30 p.m. – room 235	Downtown
Digital graphic design (full-time) Friday, Feb. 22, 4:30 p.m. – room 721	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

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WE'RE OUT THERE. JOIN US.

The British Columbia Institute of Technology team won three awards at the recent Western Engineering Competition. CONTRIBUTED

BCIT team excels at WEC

DANIEL HENDRIKSEN
For Metro

Students from the British Columbia Institute of Technology (BCIT) put forth a successful effort at the 2013 Western Engineering Competition (WEC) Jan. 23-27.

The event, which took place at the University of Victoria, saw more than 200 students from 12 schools in Western Canada compete in various engineering events. BCIT was represented in every category, placing first in innovative design, and third in both senior design and consulting design.

Thanks to their design of a motorcycle trailer, BCIT students Aaron Hufsmith, Tariq Shobab and Clayton McMunn captured first place in the innovative design competition. With the victory they have booked their ticket to compete in the Canadian Engineering Competition in Ottawa next month.

Jon Zimmerman, Max Opushnyev, Michael Hume, and Iaan Johnston of BCIT placed third in the senior design category, while Isaac Scheffers, Patrick Stewart, Sean Garrity, and Maya Korbynn also took third in the consulting design competition.

All events at WEC are run by students and are designed to challenge competitors to develop the cross-section of skill sets that engineers should ideally possess.

For more info on WEC, visit wec2013.ca, and to learn about BCIT's engineering programs, check out bcit.ca/path/engineering.

UBC-led CHIME project underway

Construction of Canada's largest radio telescope is now underway.

Part of the $11-million Canadian Hydrogen Intensity-Mapping Experiment (CHIME) being led by the University of British Columbia (UBC), the radio telescope is being built at the Dominion Radio Astrophysical Observatory (DRAO) in Penticton.

When completed, the telescope is expected to have a footprint larger than six NHL hockey rinks. The device will "listen" for cosmic sound waves and help scientists understand why the universe has expanded rapidly.

"We plan to map a quarter of the observable universe," UBC astrophysicist Mark Halpern said in a press release. "This is an ambitious, made-in-Canada endeavour. Data collected by CHIME will help us understand the history of the universe, and, in turn, how dark energy has driven its expansion."

With a 100-metre-by-100-metre collecting area, the telescope features 2,560 low-noise receivers built with components adapted from the cellphone industry, which, collectively, scan half of the sky every day.

"The CHIME telescope will be the most sensitive instrument in the world for this type of research and the DRAO is one of the best sites in the world for this research," said UBC astrophysicist and project co-investigator Gary Hinshaw.

SFU's Beedie School wins significant award

Simon Fraser University's Beedie School of Business (BSB) was a big winner at this year's JDC West case competition.

BSB was named the academic school of the year at the event, which is widely considered to be Western Canada's largest business competition. The academic school of the year award is annually presented to the team with the highest overall score in 10 academic competitions. BSB beat out 11 other Canadian business schools to capture the award.

BSB also had a third-place finish in the school of the year category. That honour goes to teams that achieve the highest overall placing in JDC West's four competition categories of academics, athletics, debate, and social.

The BSB team also enjoyed some individual successes at JDC West with first-place showings in the international business and finance categories; second place in management information systems, business strategy, human resources and taxation; and third place in accounting and debate.

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Dress is 'a wearable story'

Showcase. SFU grad and SIAT student team up to design wedding gown

DANIEL HENDRIKSEN
For Metro

SFU graduate Emily Ip, left, and SIAT student Wynnie Chung. CONTRIBUTED

The School for Interactive Arts and Technology (SIAT) at Simon Fraser University (SFU) held its annual showcase competition Feb. 8.

Among the items on display was a wedding dress that can unveil a bride's emotions with blinking lights and pulsating fabric flowers designed by SFU graduate Emily Ip and SIAT student Wynnie Chung.

The dress, entitled Wo. Defy, is entirely stitched by hand and modelled after a traditional Chinese wedding. Ip and Chung call it a "wearable story" that uncovers a woman's inner emotional journey. The dress is also being showcased at TEI '13 — the Tangible, Embedded and Embodied Interaction conference, in Barcelona, Spain.

UBC online course attracts 130,000 registrants

To say a new online science course offered by the University of British Columbia (UBC) and Stanford University is popular would be an understatement.

The massive, open online course (MOOC) on game theory has seen more than 130,000 people register. Taught by UBC computer scientist Kevin Leyton-Brown and Stanford's Matthew O Jackson and Yoav Shoham, the class has attracted registrants from every Canadian province, every U.S. state, and 183 countries all over the world.

"What's exciting for me is that we're reaching a very different set of students, a large fraction of whom aren't enrolled in traditional universities," Leyton-Brown said in a media release.

"It's great to find that so many among this group share my passion for a rigorous, academic subject like game theory."

The MOOC on game theory launched in early January and runs until the end of February. It covers the mathematics and models behind strategic decision-making and interactions.

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Kwantlen. Spike in APPL applications

DANIEL HENDRIKSEN
For Metro

With the predicted lack of qualified tradespeople in the coming years, learning a trade is becoming a more popular educational route for both those fresh out of high school and those looking for a career change.

With that increased popularity, Kwantlen Polytechnic University (KPU) is seeing a spike in applications for its appliance servicing program (APPL).

KPU's APPL program is the only full-time program of its kind in the country. Graduates can look forward to careers as technicians, owners, managers, and technical trainers in the appliance industry.

"Technology is always changing and with the various machines we train on, every workday will be interesting and different from the last," APPL student Justin Forbes said in a press release. "This program opened many doors I didn't know existed. Aside from appliance servicing, I'll have the opportunity to go into electrical work, commercial refrigeration, and with the 'C' gas ticket, be able to get into servicing fireplaces."

The next 39-week APPL course begins March 5. For more, visit kwantlen.ca/trades/appliance_servicing.

Placebo 4.9 is the second structure created by Langara College students to be displayed at a transit station in Vancouver. TOMO TANAKA PHOTO

Langara has new piece of art for InTransit BC

The Canada Line station at Langara/49th Avenue has a new piece of public art hanging on the wall. The piece, Placebo 4.9, is the second structure created by Langara College students to be displayed at the transit station in Vancouver.

Placebo 4.9 features 28 compartments designed to suggest the daily chambers of a pill organizer. The top row of compartments features enlarged plastic representations of pills, while the rest are filled with a variety of different items. The idea behind the work is to encourage thoughts of lifestyle and coping mechanisms in our urban environment.

"I am delighted by the intelligent and engaging work that our public art students have produced for the Langara Station of the Canada Line," Julie Longo, Langara's dean of arts, said in a press release. "We are so proud of them. It is inspiring to see how they have embraced our unique relationship with InTransit BC and the Canada Line by working collaboratively to create compelling and challenging public art."

Placebo 4.9 replaces the original piece created by Langara students called Tread Lightly, which was made of steel rod, acrylic, and wood sculpture, and is sprinkled with footprints.

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You can begin training for a career in hospitality this February at one of B.C.'s newest and most welcoming campuses: Surrey campus, Brighton College's third campus, located in Surrey.

If you are a resident of B.C., you already know that Surrey is growing. In fact, the city expects a growth rate of 7.7 per cent in the next five years, with an increase in tourism likely to accompany it. Tourism has a major impact on economies across the province — the sector expanded by 1.2 per cent in 2011, following a 3.4 per cent rise in 2010, the year of the Winter Olympics. Overall, tourism accounted for almost three-quarters of B.C.'s GDP in 2011.

CONTRIBUTED

You can contribute to this growth directly by enrolling in one of Brighton College's hospitality programs, both taught at Surrey campus. The 75-week hospitality management diploma program incorporates both lectures and workshops, led by experienced instructors with at least five years' experience in the industry. It also includes a co-op placement, to be completed at one of several small- or mid-sized hotels throughout the Lower Mainland. Brighton College also offers a 48-week hospitality management diploma, which includes a four-week practicum.

Surrey campus celebrated its grand opening just days ago. Located in Central City Mall, opposite Simon Fraser University, it is both an attractive and accessible place to complete your studies.

To learn more about Surrey campus, and about its hospitality programs, call one of Brighton College's educational advisers today at 604-901-5121.

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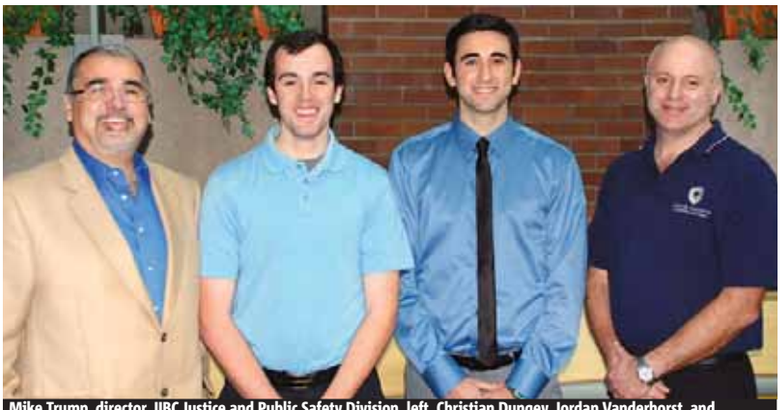
JIBC students embrace exchange

DANIEL HENDRIKSEN
For Metro



Mike Trump, director, JIBC Justice and Public Safety Division, left, Christian Dungey, Jordan Vanderhorst, and Steve McCartney, LESD program co-ordinator. CONTRIBUTED

A pair of law enforcement studies diploma students from the Justice Institute of British Columbia (JIBC) has taken their studies to Ireland this semester.

Jordan Vanderhorst and Christian Dungey have taken advantage of a student exchange program between JIBC and the Waterford Institute of Technology (WIT) in the southeast of Ireland. WIT is one of the largest institutes of technology in Ireland, boasting more than 10,000 students and 1,000 staff.

The exchange agreement was established to provide students with an opportunity to broaden their intercultural experience through integration into the two institutions and immersion in the host culture, while exploring the international dimensions of justice and public safety.

"My JIBC experience so far has been above and beyond what I expected," Dungey said in a press release. "I have met so many great people and made long-lasting friends. Everyone, staff and students, are there to help one another along their journeys and they really go out of their way to help."

Vanderhorst and Dungy will be blogging about their experiences In Ireland. The blog can be found at jibcstudentexchangewaterford.wordpress.com.

KPU students head to Cuba for internship

Eight Kwantlen Polytechnic University (KPU) students will soon be heading to Sancti Spiritus, Cuba, to take part in a three-month internship.

The internship is focused on food security and is offered through the students for development program (SFD). This will mark the third time students from KPU will take part in food security projects in Cuba through the SFD program.

Laura Haeber, a participant from a 2010 trip, says she took nothing but positives from her involvement in the Caribbean country.

"I personally found this experience life changing and rewarding," Haeber said in a press release. "The people I met there have enriched my life and for that I will be forever grateful."

The eight students heading to Cuba this year will be working on various projects and research trails that relate to increasing the nation's food security. They will be partnering with staff and students at the University of Sancti Spiritus, as well as local farmers.

SFD is an organization that provides students with opportunities to participate in internships in developing and emerging countries.

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The Skills Connect for Immigrants Program is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columbia.

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The educational program is designed with busy practicing health-care practitioners in mind. Courses are held over weekends to minimize time lost from current employment. Each year of the 5 year program hosts 6 seminars, spaced evenly throughout the academic year. Followed by a research project.

Upon completion of the program, graduates receive a Diploma in Osteopathic Manual Practice (D.O.M.P.).

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SPORTS 4

Marian Hossa of the Chicago Blackhawks tries to check Henrik Sedin of the Vancouver Canucks on Feb. 1 at Rogers Arena. RICH LAM/GETTY IMAGES

Henrik Sedin eyes Naslund's record

NHL. Canucks captain can tie countryman for most points in team history

CAM TUCKER
cam.tucker@metronews.ca

Henrik Sedin knew coming into this season he was close to making history with the Vancouver Canucks. He's now on the cusp.

The Canucks captain needs only a single point to tie Markus Naslund, his good friend from his hometown of Ornskoldsvik, Sweden, for the franchise lead in points with 756. Sedin can achieve that Tuesday, when the Canucks host the Minnesota Wild at Rogers Arena.

"I think early on, the past couple of games, I just tried to focus on getting better. That's really my mindset," Sedin said Monday.

"I knew I was close going into the season and that it would happen sooner or later, so it's nothing I've really been thinking about before, except for maybe last game."

Sedin now has eight assists on the season, getting closer to Naslund's mark with a pair of helpers in the Canucks' 5-1 win over Calgary Saturday.

Sedin, who hasn't missed a regular-season game since the 2003-04 season, said he and his twin brother Daniel have yet to play their best hockey this season

Quoted

"I think there's more. Our power play's still not clicking. I think that's the main thing."

Henrik Sedin on Vancouver's offence

The power play — they're both on the top unit — is trying to recover from a recent dry spell, going three-for-34 in the last seven games.

And those marathon shifts of domination in the attacking zone don't seem as common as in years past.

While Henrik and Daniel reflected on the impending milestone they took trips down memory lane, from their struggles as young, fresh-faced NHLers to their current status as established veterans.

Along the way, critics have called them soft for not dropping the gloves and the sexist, disparaging "Sedin Sisters" moniker has followed them around.

The two have learned to deal with criticism, both justified and belittling. Their draft positions — Daniel was taken second overall in the 1999 NHL entry draft and Henrik third overall — created massive hype.

During their first four seasons with the Canucks, Daniel had the highest point total for a single season with 54 in 2003-04. Henrik hit 42 points that season.

"It was tough. I'm happy we went through it," said Daniel.

"It made us stronger and nowadays we know how to handle those kind of things, because it happens every day."

However, in order to make the playoffs again, they must find a solution to their scoring woes. And fast.

NHL

Luongo gets start against Wild

Roberto Luongo will start in goal for the Canucks Tuesday, when they host the Minnesota Wild at Rogers Arena.

Head coach Alain Vigneault confirmed the decision following Monday's practice.

Luongo, 33, has compiled a 12-3-3 record against the Wild at Rogers Arena since joining the Canucks in June 2006.

The Canucks are currently on a five-game winning streak. In that span, goalies Luongo and Cory Schneider have allowed a combined five goals.

CAM TUCKER/METRO

NHL

Leafs lose Reimer in win over Flyers

Warriors on the road to start the season, the Toronto Maple Leafs finally transferred some of that success to home ice.

Now they will have to wait and see at what cost.

Colton Orr and Matt Frattin scored goals 28 seconds apart and Ben Scrivens made 32 saves in relief of injured starting goalie James Reimer on Monday as the Leafs defeated the Philadelphia Flyers 5-2 for just their second victory in six outings at Air Canada Centre.

Reimer had to be helped off the ice early in the second period with what appeared to be a left leg injury, pressing Scrivens into action. Leafs coach Randy Carlyle says Reimer will be re-evaluated on Tuesday, but added he doesn't expect him to miss much action.

"My first thoughts were concern for James," said Scrivens. "He's a friend and a teammate and you never want to see anyone get hurt, so I was hoping he was going to hop right back up." THE CANADIAN PRESS

Winterhawks not so kind on Family Day

It was David versus Goliath on Family Day afternoon, when the Portland Winterhawks, first in the WHL standings, took on the last-place Giants at Pacific Coliseum.

It was a good day to be Goliath, as the Winterhawks downed the Giants 8-3.

The Giants had a lead in the first period for all of 10 seconds before Brendan Leipsic's 40th goal of the season started a Winterhawks onslaught that gave them a 4-1 lead after 20.

The Giants pulled within a goal of Portland, thanks to markers from Jackson Houck and Jason Trott.

Trott's was his first in the WHL.

But goals from Ty Rattie and Josh Hanson, who broke a 160-game goalless drought on an unassisted point shot, restored Portland's three-goal lead.

Rattie added two more goals in the third for a four-goal, five-point performance.

The loss dropped the Giants to 14-42 for the season. They next play at home on Wednesday against the Kamloops Blazers.

LIAM BRITTON/FOR METRO

On Monday

Winterhawks	Giants
8	3

Portland centre Chase De Leo shoots the puck on Giants goalie Payton Lee for the Winterhawks' second of eight goals on Monday. LIAM BRITTEN/FOR METRO

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Athletes still benefit from '88 Games

Sochi Olympics.
Smart planning in Calgary built the road and paved it for Canadian winter athletes to become some of the world's best

The founding fathers of the 1988 Winter Olympics had financial foresight.

While Olympic host cities of today build temporary sports venues or convert permanent ones into other types of facilities, Calgary's five are still heavily used for their intended purpose a quarter-century later.

Canada Olympic Park, Scotiabank Saddledome, Canmore Nordic Centre, the Olympic Oval and Nakiska Ski Resort continue to serve all levels of athletes, from recreational to Olympian to pro.

"It has become sort of the best dream we could have had back then," says Frank King, the chairman of Calgary's organizing committee.

"We all did say, 'This is not a 16-day event that when it's over, everyone pulls down the tents'.... Everything was to be permanent.

"The athletes were to be given ways and means to develop themselves to be world competitive."

Calgary won the bid to host the first Winter Olympics in Canada on the city's fourth try. Opening Feb. 13 and closing Feb. 28, they were the first Winter Games to be 16 days instead of 12.

The longer span was key to negotiating what was then a record U.S. television contract of $309 million, says King, which contributed to Calgary turning a profit.

The '88 legacy is due in no small part to the endowment funds given after the closing ceremonies to the Calgary Olympic Development Association.

The organization, rebranded WinSport a few years ago, remains the caretaker of the funds, paying for the operation and expansion of much of that legacy.

According to WinSport documents, CODA was given two endowment funds totalling $66 million to invest. The portfolio reached $185 million in 2007 before nosediving almost 40 per cent during the recession.

The portfolio is recovering, according to WinSport CEO Dan O'Neill.

"The people who set this fund up here originally, I can't say enough about their foresight," O'Neill says.

"Every time I talk to them I say, 'You guys don't know what you did here.' They do know what they did here, (but) most people don't know what they did."

What they did was build the road and pave it for Canada to become one of the world's winter sport powers.

The host team didn't do well in 1988, with just a pair of silver medals and three bronze, but 25 years later, Canada's target at the 2014 Winter Olympics in Sochi, Russia, is to win more medals than any other country.

Canada won the most gold medals at the 2010 Winter Games in Vancouver, with 14, and ranked third in the overall medal count, with 26.

According to a report commissioned by the Vancouver 2010 organizing committee, almost three-quarters of Canada's 2006 medallists in Turin, Italy, were either from Alberta or trained in the province at facilities left over from 1988.

"We had some success in Calgary and we built on that," says Own the Podium chief executive officer Anne Merklinger. "It was really the seed for our success in winter sport.

"Without the added enhancement and investment and upgrading of the winter sport venues in Calgary and the geographic area around Calgary ... we would take a big step back in our performance, I believe."

THE CANADIAN PRESS

Olympic legacy

"I think we've been fortunate enough here in Calgary, that each time (the) baton has been handed to someone else, they made a little bit of an improvement on what the person did before."
WinSport CEO Dan O'Neill

Figure-skating champion Brian Orser leads the Canadian Olympic team into McMahon Stadium in Calgary during the opening ceremonies of the XV Olympic Winter Games on Feb. 13, 1988. Canadian winter athletes continue to benefit from the money and facilities provided by the Calgary Games.
PAUL CHIASSON/THE CANADIAN PRESS

Sun rising on Jays' season following major facelift

The Smashing Pumpkins' Tonight, Tonight blared from the press box on Monday as Jose Bautista cracked balls from the batting cage at the Florida Auto Exchange Stadium.

The morning sun beat down on this sleepy slice of Florida while Bautista swung to Billy Corgan singing "Believe, believe in me, believe. That life can change, that you're not stuck in vain. We're not the same, we're different tonight. Tonight, so bright."

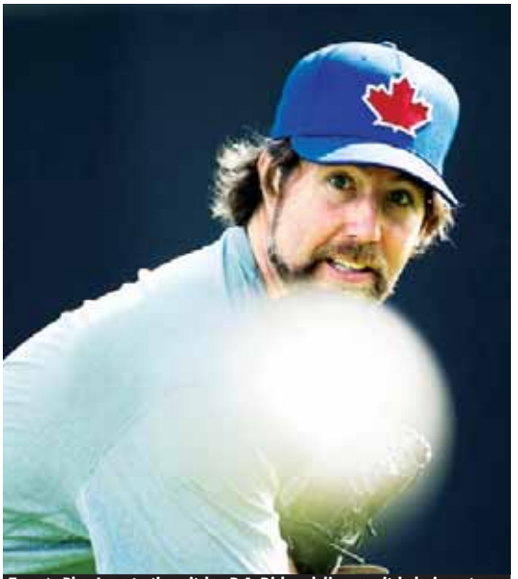
Pitchers and catchers don't report until Tuesday, but hopes are already sky high around the big-spending Blue Jays (73-89 last season, fourth in the AL East) in the wake of acquiring R.A. Dickey, Mark Buehrle, Josh Johnson, Jose Reyes, Melky Cabrera, Maicer Izturis and Emilio Bonifacio.

"We were, I think, hopefully optimistic last year. But I think this year we expect to win, that's the difference," pitcher Brandon Morrow said.

Fellow pitcher Ricky Romero added: "This team is built to win and that's all I've ever wanted. Just to get a chance to win."

But then he sounded what could be a familiar note of caution this spring training,

"On paper, we're a great team ... (but) it doesn't matter what kind of team you have on paper, you've still got to go out there and play."



Toronto Blue Jays starting pitcher R.A. Dickey delivers a pitch during a team workout in Dunedin, Fla., on Monday. Even in spring training, hopes are sky high around the big-spending Blue Jays. NATHAN DENETTE/THE CANADIAN PRESS

Bautista was all business, yelling, "Hey, we haven't even officially started yet. Jeez. Tomorrow," as he passed a media scrum around pitcher Drew Hutchison on his way to the field.

"We need him," manager John Gibbons said of Bautista, whose 2012 season was cut short by wrist surgery. "If we're going to do anything, he's got to be a big part of that."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	12	8	1	3	33	24	19
Pittsburgh	13	8	5	0	41	32	16
NY Rangers	11	6	5	0	29	27	12
Philadelphia	13	5	7	1	31	38	11
NY Islanders	12	4	7	1	36	43	9

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	10	8	1	1	29	21	17
Toronto	13	8	5	0	39	33	16
Ottawa	12	6	4	2	31	23	14
Montreal	11	6	4	1	31	30	13
Buffalo	13	5	7	1	39	46	11

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	11	6	4	1	34	34	13
Tampa Bay	11	6	5	0	43	32	12
Winnipeg	11	5	5	1	30	37	11
Florida	11	4	6	1	25	40	9
Washington	12	3	8	1	30	41	7

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	12	10	0	2	42	25	22
Detroit	12	7	4	1	33	32	15
Nashville	12	5	3	4	24	26	14
St. Louis	12	6	5	1	39	40	13
Columbus	13	4	7	2	30	41	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	11	7	2	2	33	24	16
Edmonton	12	5	4	3	28	30	13
Minnesota	12	6	5	1	26	30	13
Calgary	10	3	4	3	26	35	9
Colorado	11	4	6	1	23	29	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	11	8	2	1	39	31	17
San Jose	12	7	3	2	36	28	16
Phoenix	13	6	5	2	35	35	14
Dallas	12	6	5	1	26	28	13
Los Angeles	11	4	5	2	26	32	10

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
Carolina 6 NY Islanders 4
Toronto 5 Philadelphia 2
Columbus 6 San Jose 2
Los Angeles 4 St. Louis 1
Phoenix 3 Colorado 2 (OT)
Minnesota 3 Calgary 2 (SO)

Sunday's results
Detroit 3 Los Angeles 2
Edmonton 3 Columbus 1
Boston 3 Buffalo 1
NY Rangers 5 Tampa Bay 1
New Jersey 3 Pittsburgh 1
Chicago 3 Nashville 0

Tuesday's games — All Times Eastern
Carolina at New Jersey, 7 p.m.
NY Rangers at Boston, 7:30 p.m.
Montreal at Tampa Bay, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Washington at Florida, 7:30 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Nashville, 8 p.m.
Anaheim at Chicago, 8:30 p.m.
Dallas at Edmonton, 9:30 p.m.
Minnesota at Vancouver, 10 p.m.

Wednesday's games
Ottawa at Pittsburgh, 7 p.m.
St. Louis at Detroit, 7:30 p.m.
Dallas at Calgary, 9:30 p.m.

Thursday's games
Toronto at Carolina, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Montreal at Florida, 7:30 p.m.
Washington at Tampa Bay, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Colorado at Minnesota, 8 p.m.

MAPLE LEAFS 5, FLYERS 2

First Period
1. Philadelphia, Simmonds 3 (Schenn, Timonen) :38
2. Toronto, Phaneuf 2 (Komarov, Kulemin) 14:49

Penalties — Rinaldo Phi (Holding) 11:15, Knuble Phi (Cross-checking) 15:20, Giroux Phi (Boarding) 16:44.

Second Period
3. Toronto, Orr 1 (McLaren, Franson) 2:05
4. Toronto, Frattin 7 (Kadri, Franson) 2:33
5. Toronto, Macarthur 2 (Kadri, Frattin) 6:15

Penalties — Grabovski Tor (Hooking) 11:23, Holzer Tor (Boarding Major) 13:31, Holzer Tor (Game Misconduct) 13:31.

Third Period
6. Toronto, van Riemsdyk 8 (Kessel, Bozak) 1:11
7. Philadelphia, McGinn 2 (Foster, Fedotenko) 19:28

Penalties — Knuble Phi (Hooking) 5:28, Rinaldo Phi (Interference) 12:10, Orr Tor (Tripping) 12:46, Rinaldo Phi (Holding) 17:53, Rinaldo Phi (Misconduct) 17:53, Phaneuf Tor (Roughing) 17:53, Phaneuf Tor (Misconduct) 17:53.

Shots

Philadelphia	**11**	**22**	**13—46**
Toronto	**8**	**10**	**6—24**

Goal — Philadelphia: Bryzgalov (L, 5-6-1). Toronto: Reimer (W, 6-3-0).
Power plays (goal-chances) — Philadelphia: 0-3. Toronto: 0-5.
Referees — Francis Charron, Paul Devorski.
Linesmen — Darren Gibbs, Anthony Sericolo.
Att. — 19,253 (Air Canada Centre).

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	34	14	.708	—
New York	32	17	.653	2½
Indiana	31	21	.596	5
Chicago	30	21	.588	5½
Brooklyn	30	22	.577	6
Atlanta	28	22	.560	7
Boston	27	24	.529	8½
Milwaukee	25	25	.500	10
Philadelphia	22	28	.440	13
Detroit	20	33	.377	16½
Toronto	**19**	**32**	**.373**	**16½**
Cleveland	16	36	.308	20
Washington	15	35	.300	20
Orlando	15	36	.294	20½
Charlotte	12	39	.235	23½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	41	12	.774	—
Oklahoma City	39	12	.765	1
L.A. Clippers	37	17	.685	4½
Memphis	32	18	.640	7½
Denver	33	19	.635	7½
Golden State	30	21	.588	10
Utah	28	24	.538	12½
Houston	28	25	.528	13
Portland	25	26	.490	15
L.A. Lakers	24	28	.462	16½
Dallas	22	29	.431	18
Minnesota	19	30	.388	20
Sacramento	19	33	.365	21½
New Orleans	18	34	.346	22½
Phoenix	17	35	.327	23½

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results
L.A. Clippers 107 Philadelphia 90
Minnesota 100 Cleveland 92
Brooklyn 89 Indiana 84 (OT)
Charlotte 94 Boston 91
New Orleans 105 Detroit 86
San Antonio 103 Chicago 89
Washington 102 Milwaukee 90
Atlanta 105 Dallas 101

Sunday's results
L.A. Clippers 102 New York 88
Miami 107 L.A. Lakers 97
Boston 118 Denver 114 (3OT)
Toronto 102 New Orleans 89
Orlando 110 Portland 104
Memphis 105 Minnesota 88
San Antonio 111 Brooklyn 86
Oklahoma City 97 Phoenix 69
Sacramento 117 Houston 111

Tuesday's games — All Times Eastern
Denver at **Toronto**, 7 p.m.
Portland at Miami, 7:30 p.m.
Sacramento at Memphis, 8 p.m.
Oklahoma City at Utah, 9 p.m.
Houston at Golden State, 10:30 p.m.
Phoenix at L.A. Lakers, 10:30 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Give yourself permission to dream. You may be a realist by nature but a little bit of fantasy is not a bad thing and could do wonders for your confidence. You may think of something you can use to your advantage.

Taurus
April 21 - May 21
Everything seems to be moving in the right direction for you now but the downside is that certain people are resentful of your success and may try to blow you off course. Don't let it happen. Be ruthless if you must.

Gemini
May 22 - June 21
Mercury, your ruler is on good terms with both Pluto and Saturn, so you will be thinking some pretty deep thoughts. Don't get too serious though. Yours is a sign that does best when things are kept as light-hearted as possible.

Cancer
June 22 - July 23
You are appreciated by a great many people, probably more than you realize, and some of those people will go out of their way to show their gratitude towards you today. Enjoy your good fortune. You thoroughly deserve it.

Leo
July 24 - Aug. 23
Changes on the work front will create new opportunities and if you are quick to react to them it won't be long before you are moving up in the world. Don't ever doubt that you are equal to the job — you're the best!

Virgo
Aug. 24 - Sept. 23
Do you wish you were some place else than where you actually are? According to the planets, you are thinking about making some kind of move and it could be a big one. Don't just change the scenery, change your lifestyle too.

Libra
Sept. 24 - Oct. 23
It's highly unlikely that you will get through the day without clashing with someone you believe is a threat to your security. You may in fact be entirely wrong, but it's better to be safe than sorry. Protect yourself.

Scorpio
Oct. 24 - Nov. 22
Anyone who thinks they can get the better of you intellectually is living in cloud cuckoo land. Your sharp Scorpio mind will run circles around them today and they'll think twice before they take you on again.

Sagittarius
Nov. 23 - Dec. 21
Stick to your timetable today — don't let anything distract you or let anyone lead you astray. You are on a very tight schedule at the moment and the slightest deviation could be disastrous. Make sure you're well organized.

Capricorn
Dec. 22 - Jan. 20
There is a great deal of tension both at home and at work at the moment and the best way to get through it is to stay calm. Above all, watch what you say. You can be rather harsh in your comments sometimes.

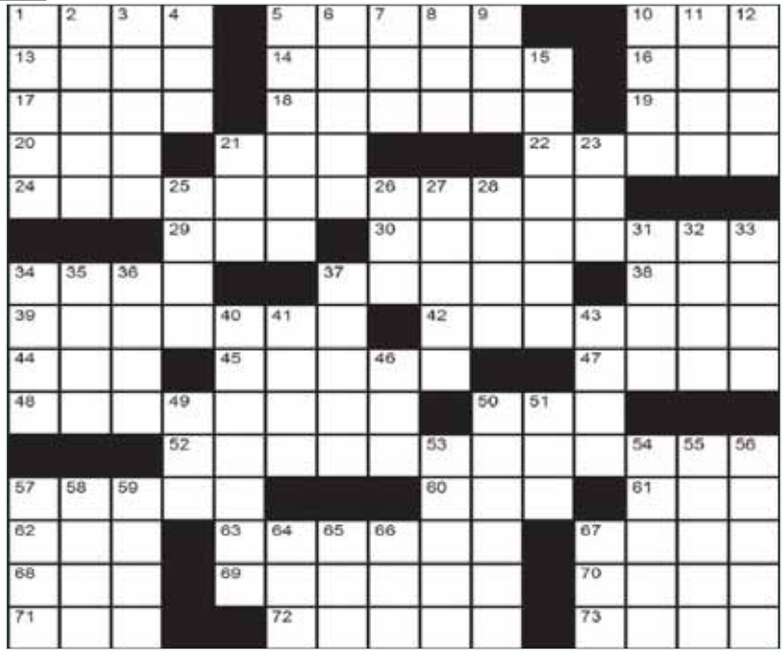
Aquarius
Jan. 21 - Feb. 19
You have a whole load of plans but not everyone in your social circle or at work seems to share your enthusiasm. But what of it? If you have to do it all yourself then you won't have to share the spoils!

Pisces
Feb. 20 - March 20
Mercury in your sign links with both Pluto and Saturn today, adding a sharp edge to your mind and an equally sharp edge to your tongue. Whatever it is you have to say, no one will fail to get the message.

SALLY BROMPTON

Crossword: Canada Across and Down

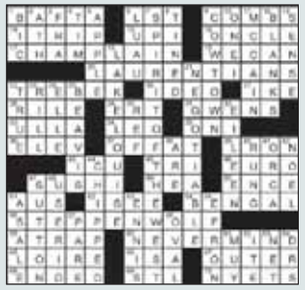
BY KELLY ANN BUCHANAN



Across
1. Model search series, "The __"
5. Canadian supermodel coach on #1-Across, Coco __
10. Motorists org.
13. DC Comics supervillain, __ Kadabra
14. Sir __ Hillary (Everest mountaineer)
16. Median, mini-ly
17. 'Super', in slang
18. Go-__
19. __ Lanka
20. 'John Hancock', e.g.
21. Actor Mr. Tognazzi
22. Search engine
24. Canadian singer/songwriter sisters: 3 wds.
29. Untruth
30. Justin Bieber's 'Believe __'
34. __/__ radio
37. Canadian pianist Mr. Gould
38. Grey Cup org.
39. Chocolate/caramel/nougat treat: 2 wds.
42. Instant coffee brand
44. "...man ___ mouse?"
45. "The Simpsons" convenience store, Kwik-_-__
47. 'Pseud' suffix
48. Fruit sugar
50. Singer Janis
52. 2001 Kevin Spacey movie set in Newfoundland, "The ___ __"
57. Guitarist, Lenny __
60. Pre-A.D. time alternative
61. Rap star, Tone-__
62. Purpose
63. Yellow-bordered mag since 1888: 2 wds.
67. Morning talk's Kelly
68. Philosophy
69. Queen Elizabeth's youngest son
70. Russian ruler, variantly
71. PBS funding org.
72. __-face (Reversal)
73. Actor Mr. Donovan

Down
1. 1859 Charles Gounod opera
2. Aussie actress Ms. Cornish
3. Allison Janney's "The West Wing" role, C.J. __
4. Head hearer
5. Music style
6. Ancient theatre
7. "Pick a Puppy" channel
8. Gilligan's dwelling
9. 'Prop' suffix (Fuel)
10. Money
11. Supersonic interceptor aircraft developed-then-halted in Canada in the 1950s, __ Arrow
12. Currency exchange fee
15. Rehearsals: 2 wds.
21. Prefix with 'cycle'
23. Writer Mr. Milne's
25. Donations
26. Music direction, __ segno
27. Fragrance
28. First-rate
31. _-__ highway
32. Questionable
33. Li'l mandarin-like fruit
34. "I __ __ the opinion that..."
35. Dave __ (1965 PGA Championship winner)
36. Herr's wife
37. Fathom
40. Dr. Norman __
41. Quant _ __ (For my part, in French)
43. Hartford, __.
46. Gym workout unit, commonly
49. Our version of NASA
50. Encrypted: 2 wds.
51. Birthday changer
53. French composer Jacques
54. Miss Doolittle of theatre
55. Tom of "The Dukes of Hazzard"
56. Frighten
57. Bathroom = Salle de __
58. Stand up
59. Ms. Stone of flicks
64. Dictionary abbr.
65. Couple
66. Guy opposite
67. Sales slip, shortly

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9		1				3		2
	2		8		5		7	
6			9		3			4
		6	2		4	9		
		7	1		6	8		
5			4		2			1
	9		7		1		4	
7		4				2		3

Friday's Sudoku

1	4	3	5	6	7	2	8	9
6	7	9	3	8	2	1	4	5
5	8	2	1	4	9	7	3	6
3	9	7	4	1	8	5	6	2
4	1	5	2	3	6	8	9	7
8	2	6	9	7	5	3	1	4
2	5	4	8	9	3	6	7	1
9	6	8	7	5	1	4	2	3
7	3	1	6	2	4	9	5	8

Today 8°/4° Rain 80%
Wednesday 8°/3° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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